

En'tilted' to be performed

PAGE B1

'Smokin' Aces' fails to make sense

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Super Bowl XLI: The breakdown

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THE CAPTAIN'S LOG

THE OFFICIAL STUDENT NEWSPAPER OF CHRISTOPHER NEWPORT UNIVERSITY | JANUARY 31, 2007 | VOLUME 38 ISSUE 15

WWW.CNU.EDU/CAPTAINSL

NEWS

SGA stands behind Chief Jeff Brown against HB 2300

BY REGINA CERIMELE
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Senators presented no new legislation at Monday's Student Government Association (SGA) meeting, as the focus of the proceedings was instead a piece of state legislation.

CNU Chief of Police, Jeff Brown spoke to the SGA against Virginia House Bill 2300, which will prohibit universities from restricting firearms on their campuses if passed. The SGA, at the recommendation of sophomore Vice President Taylor Blunt and SGA President senior Molly Buckley, voted unanimously to support Brown's efforts. He will visit the Virginia General Assembly later this week. Buckley said that she would present Brown with a letter in support of his efforts to fight against the state motion.

Though Brown maintained that he was a strong supporter of the Constitutional right to bear arms, the environment of a college campus requires the added protection of being able to prohibit firearms and other similar weapons.

Such an environment, he said, should have a higher standard. "It's really important as a university community, to keep this community safe," said Brown.

INSIDE

Kick your Super Bowl party up

The end of the NFL season is just days away and any avid football fan will tell you that this upcoming Sunday is a day for pigskin, commercials and, (of course) delicious food that you can snack on until the post game re-cap.

FOOD + HEALTH, A6

Attacks on civilians, Americans

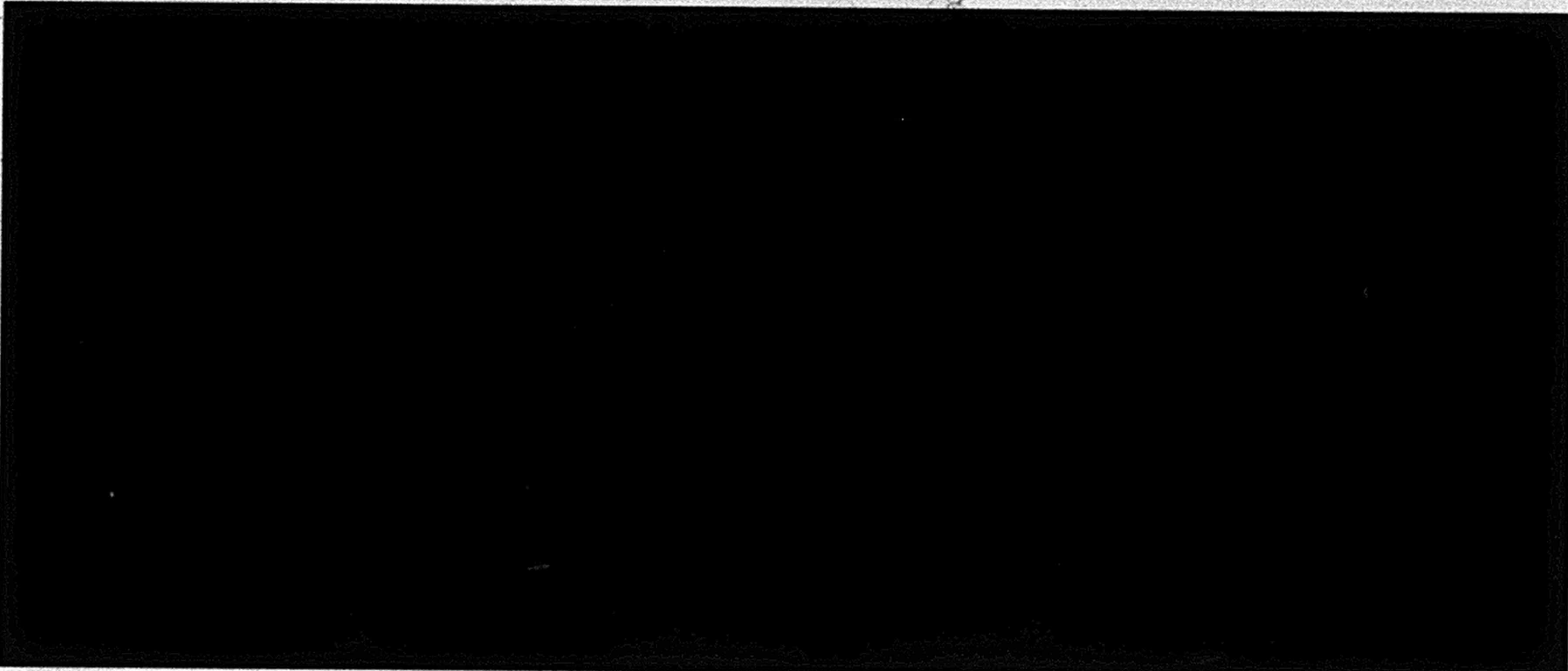
A license plate from a car registered to Iraq's minister of trade was found on an SUV used by the gunmen who killed five American soldiers in the city of Karbala last week.

WORLD + NATION, A7

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GAINES WILL GO FREEMAN SPACE TO REPLACE



MARK NEWTON/ THE CAPTAIN'S LOG

Every Thursday, students gather in Gaines for InterVarsity Christian Fellowship. The theatre that is available to students free of charge will be torn down.

Gaines' fate sealed, President Tribble has requested \$25 million from the state to provide comparable event spaces.

BY SHANNON HUMPHREY
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While hopes were high that Gaines Theatre would remain operational throughout the construction of the new liberal arts academic building this fall, the much-used venue will indeed meet its demise this summer. Now, a committee has been formed to explore short-term replacement event and meeting spaces for student organizations hardest hit by the loss. President Paul Tribble Jr., meanwhile, is thinking in the long-term.

To fill the void left Gaines' exit, Tribble has asked the Virginia General Assembly for \$25 million to expand the Freeman Center. The revamped complex will include a new gym, fitness center twice the size of the existing one, four meeting rooms and a 800-person auditorium. Out of the four meeting rooms, two will seat between 100 and 200 people, with the remaining two accommodating 50 to 100, Tribble said in an interview. In

addition, the auditorium will run first-rate movies at the same time as other movie theaters, Tribble said.

The expansion of the Freeman Center will be devoted exclusively to the many student organizations displaced from Gaines, he said.

Simply put, Tribble said, there just is not enough space for the new academic building and Gaines Theatre. "As the student activities on campus continue to explode we need to continue to grow as a campus."

"While our original plan was to discuss with the architects how to keep Gaines, several contributing factors require that we look beyond Gaines," said Tribble.

The factor that cemented Gaines' demolition amid construction of the new academic building is that the theatre shares the same heating and cooling system as the old Student Center. Costs associated with the installation of an independent heat and air conditioning system for Gaines were too high for the venture to be worthwhile. A new-fangled Gaines would also have

required that bathrooms be built.

The timetable for the expansion of the Freeman Center begins with the initial design to be completed in the spring 2007. It will take a full year to have the final architectural design finished, followed by the breaking of ground in the summer 2008. The expanded Freeman Center will then be slated to open in fall 2009, the same year the new liberal arts building is scheduled to open.

To account for this construction period, short-term strategies are being devised. A committee has been assembled to find the best possible alternatives on campus for much-attended student events currently housed by Gaines, ensuring that the two-year transition to a revamped Freeman Center is a smooth one.

"Happily this transition comes at a time when we have far more meeting places than ever before in CNU history," said Tribble. Among these meeting spots are the new library spaces opening in summer 2007, existing Freeman Center, rooms, the David Student Union (DSU) and the Ferguson Center, he said. There

was worry that Ferguson spaces weren't going to be an option, as the prices to reserve them are presently too high for student organizations. Tribble said Ferguson can be used during the transition period free of charge.

"Right now we are using this academic year as a template for next year. All of the events scheduled for Gaines this semester are now being laid out over every other venue possible," said sophomore Campus Activity Board (CAB) Comedy Chair and Gaines committee member Patrick McBride.

"The short-term strategy will require that we check availability and accommodations for each respective student organization. However, it will also involve compromise between the student organizations, the music and theater departments, all the while knowing that future space will be available," said Tribble.

Committee meetings are scheduled for the rest of the year to ensure that there are comparable venues to Gaines

SEE GAINES, PAGE A2

Go green for a clean 2012

CLIMATE CHANGE | A panel of VA students jumpstart Global Warming Action Week.

BY HILLARY MACSWAIN
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Think Green. That's the theme of the Global Warming Action Week, a four-day awareness campaign launched this week with a global warming discussion panel. The student-comprised panel talked about campus goals on reducing global warming and ways that CNU can make their campus "greener," or more environmentally friendly.

The panel, consisting of five William and Mary students and one University of Richmond student, discussed the action that they had taken to institute cheap and cost-effective policies on their campuses. One of the measures undertaken by the W&M students is to present a petition signed by 1,500 students to the president of the university. The petition calls on the administration to set benchmarks for a gradual switch to clean energy.

One of the long-term goals, said student Josh Wayland, includes 100 percent clean

energy by 2012. One of the short-term goals is to have 20 percent clean energy by 2009. Liz Burrows, another W&M Student, said that the petition is to be presented to the president soon.

Many of the dormitories are old and heat is lost very quickly. There are also no energy meters on the buildings to track how the energy is being spent and where it is going to, said Burrows. She and the other W&M students are all on a committee called the Student Environmental Action Committee (SEAC), which is spearheading the movement.

Jason Webb, a student at University of Richmond, said that his school does not currently use any renewable energy. This was reflected in the College Sustainability Report Card, which measures five factors in schools' efforts to institute environmentally friendly measures. One of the factors that are measured is food efficiency and waste protocols. Webb said that the school recently built its first

completely green building, for which it received a "B" in that category. Overall, the school received a C-. Tom Owens, who works with local grassroots organizations such as Campus Climate Challenge, attributed a lot of the poor green factor to difficulties with administrations.

"The administration doesn't know how to respond to a small group of kids who want to do things," he said. Owens spoke of the success stories amongst campuses throughout the country.

Katie Sparks, who leads the CNU chapter of Americans for Informed Democracy (AID), said that CNU does not have any policy or commitment towards creating a more environmentally friendly campus.

"CNU doesn't have anything implemented right now." However, Sparks said President Paul Tribble Jr. seemed receptive to the idea when she spoke to him last week. While there is no official protocol or commitment from the school administration, several clubs and organizations on campus have instituted programs to raise awareness about recycling and ways to use energy efficiency.

Student events wet but not equal yet

BY CHRIS MCCrackEN
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Alcohol will be allowed at special events sponsored by student organizations. Student functions, however, will not be permitted an open bar. Whether faculty and administrative events will be held to the same standard remains to be seen.

After completing its second full week of meetings, the Alcohol Task Force (ATF) voted in this spirit. The ATF members sought to determine whether they should adopt mirroring policies for the student body as well as faculty and staff.

One piece of evidence which motivated the ATF toward revising the policy came after the success of last year's Captain's Ball, a large scale event in which alcohol was served. The ATF discussed the possibilities and scenarios of all student clubs and organizations being able to put on events that would serve alcohol.

"We are a dry campus. [The students] hate that image," said Dr. Robert Hasbrouck, assistant professor of manage-

ment and economics. "That is the image we are drawing."

In reviewing evidence, the ATF discussed a letter submitted by government professor, Quentin Kidd, who encouraged the task force to reflect the realities of alcohol on campus in their policies. Three serious problems, said Kidd, currently exist within the university's alcohol policy.

Kidd stated that the current policy was not honest in claiming the university to be a "dry" campus. "The university has a full liquor license," said Kidd in his letter. "To call CNU a dry campus (and then nod and wink) is to legitimize a lie."

Kidd also said that the current policy undermines CNU's "community of honor" concept in that restrictions placed on students are more strict than those placed on faculty and staff.

Finally, Kidd stressed that the university should be more enlightened on the way in which the subject of alcohol is dealt with. "We cannot easily have a vibrant and energetic

SEE ATF MEETING, PAGE A8

THE WEEK JANUARY 31-6

wednesday

12-1 p.m. — Parade of Professors, Science Building 131
3 p.m. — Animal Welfare Coalition Meeting, DSU Washington Room
6 p.m. — Biology Club Meeting, Science Building Atrium
7 p.m. — SVEA Meeting, Ratcliffe 117

thursday

12:15 p.m. — The Captain's Log Advisor's Critique, Ratcliffe 106
4:30-7:30 p.m. — Annual Super Bowl Meal, Regattas and The Commons
7 p.m. — Patricia McArdle: "An Inconvenient Truth" Slide Show, Anderson Auditorium
7 p.m. — Jamaica Kincaid, the Music and Theater Hall
9 p.m. — Polar Plunge Benefit concert, DSU Ballroom

friday

11 a.m.-3 p.m. — Recycling Event, Great Lawn
8 p.m. — CAB: Shout About Movies, Gaines Theatre

saturday

8 p.m. — Captain's Ball, DSU Ballroom
9 p.m. — No Shame Theater, Studio Theatre

sunday

4 p.m. — Catholic Mass, SC 150 (Alumni Room)
7 p.m. — The Captain's Log Staff Meeting, DSU 393

monday

5:30 p.m. — SGA Meeting, SC 150 (Alumni Room)
7:30 p.m. — One Race, One People, One Peace, Music and Theater Hall

tuesday

8 p.m. — Fellowship of Christian Athletes (FCA), Freeman Center, President's Box
10 p.m. — Citizens of the World Meeting, James River Multipurpose Room

PAGE TWO

WEDNESDAY, JANUARY 31, 2007 | PAGE A2

On campus

AIDEMOCRACY HOSTS GLOBAL WARMING EVENTS

AlDemocracy has been hosting a week of global warming and environmental events, called Global Warming Action Week, which started on Monday, Jan. 29. Today, Mayor Frank will come to sign the Mayor's Climate Protection Agreement for the city of Newport News and afterwards John Grant, campaign coordinator for the Natural Resources Defense Council, will speak about oil dependency and global warming. This event will be at 7 p.m. in the Music and Theater Hall of the Ferguson Center for the Arts. The final event will be tomorrow, Feb. 1, at 7 p.m. at Anderson Auditorium. At this event, Patricia McArdle will present the original slideshow of "An Inconvenient Truth." McArdle is one of 50 people personally trained by Al Gore to present his slideshow.

CNU STOCK MARKET GAME WINNERS ANNOUNCED

Local high school students from Lafayette High School in Williamsburg were announced to be the regional winners in the Christopher Newport University Center for Economic Education's fall 2006 Stock Market Game. The game was a 10-week simulation that took place at area high schools, which comprised a total of 43 area teams, to teach high school students about the stock market. The students "invested" in the stocks of their choice with \$100,000 in virtual money. The winners of the game in this area will now be ranked with the rest of the teams in the state of Virginia. The first place winners had an ending portfolio of \$133,919.09 and the second place winners had an ending portfolio of \$126,894.60. Both of the winning teams had five members and had the same teacher.

Around town

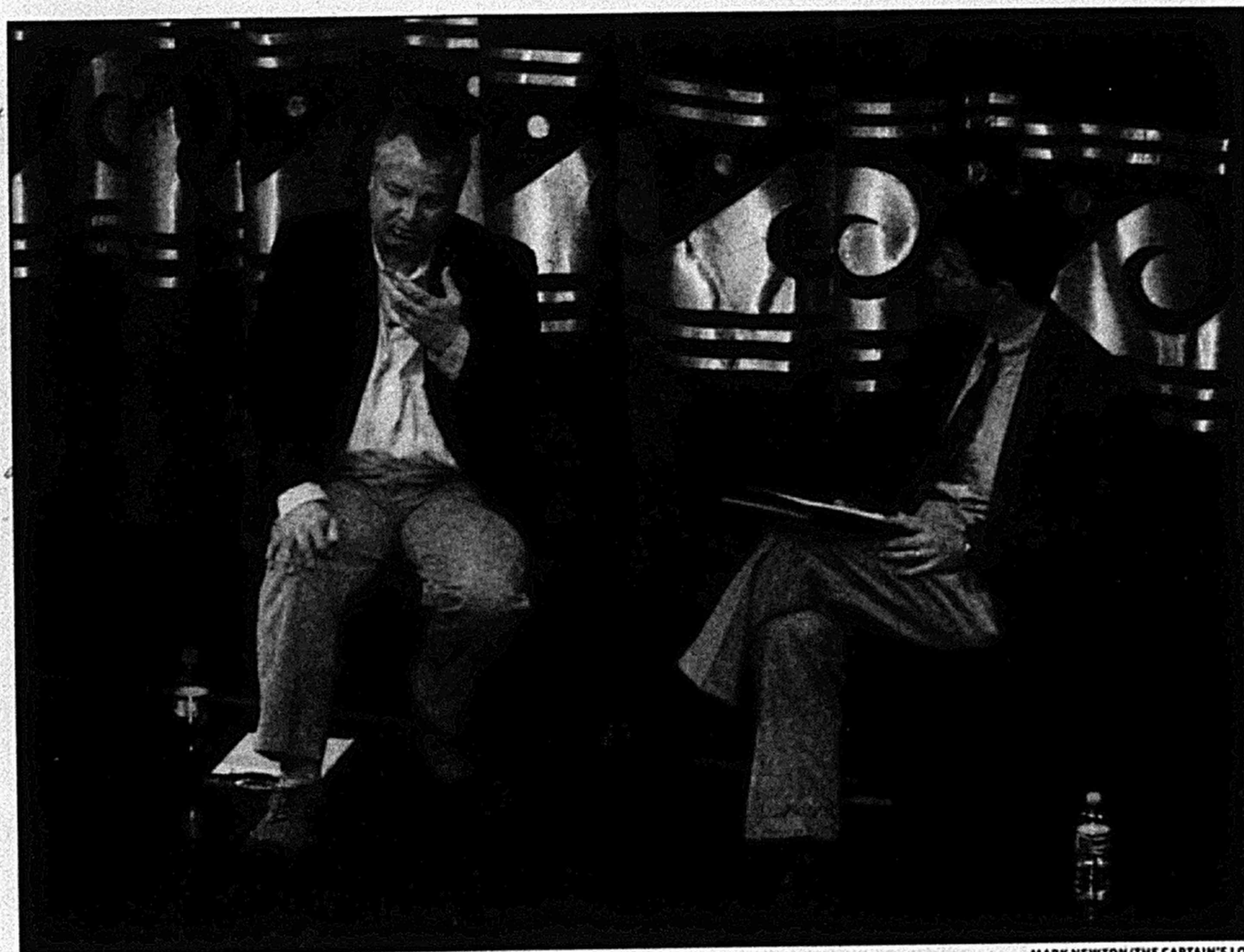
LOCAL FIRE DEPARTMENTS TEST NEW WATER CANNONS

New remote-controlled water cannons are being tested this week by fire departments in Newport News, Hampton, Norfolk and Portsmouth. The cannons can spray mist up to 200 feet. The water cannons are originally designed to help fight fires in small spaces like tunnels. The machines, the first of their kind in the U.S., are Austrian-designed. The local fire departments hope that the water cannons will be able to help fight fires in the underwater tunnels that connect parts of Hampton Roads. They were funded by the State Department of Transportation and by federal grants.

NN SUB SKIPPER RELIEVED OF DUTY AFTER CRASH

A second submarine skipper, Cmdr. Matthew A. Weingart, has been relieved of duty after an accident. A ranking officer of the USS Newport News, Weingart was removed because his sub had a collision with a Japanese oil tanker in the Persian Gulf a few weeks ago. The sub was leaving the Persian Gulf and is said to have been sucked into the wake of the oil tanker. There are damages to the sub and no one was injured, but a ship's commanding officer is held responsible for any mishaps. Another skipper from a Norfolk-based submarine was relieved of duty less than two weeks ago when two sailors died after being swept off the deck by surging seas.

SUPERSHOT



MARK NEWTON/THE CAPTAIN'S LOG

Clay Jenkinson lectured on acting the part of Thomas Jefferson Thursday night in the Music and Theater Hall.

Want to see your shot published? To contribute a photo for "Supershot," send the attached file (in .psd or .jpg format) with your name and class status. Please include in the body of the e-mail information about the picture, including who or what is pictured, when the photo was taken and any other pertinent information. Send to: clogphotos@cnu.edu

Police blotter

CNU Police Crime Log

January 28

A student in Santoro Hall was charged with possession of marijuana.

January 27

A golf cart was stolen from Ferguson Parking Garage. It was later recovered.

An underage student at East Campus was charged with possession of alcohol.

A student in James River Hall was charged with possession of marijuana.

January 26

An underage student in Santoro Hall was charged with possession of alcohol and possession of marijuana.

January 25

An iPod was stolen from Ferguson.

Information from the CNU Police Department

Newport News Crime Log

January 29

A case of shoplifting was reported on Jefferson Avenue.

January 28

A vehicle was stolen on Turlington Road.

An individual was assaulted on Jefferson Avenue. No injuries were reported.

January 27

A case of malicious wounding was reported on Arboretum Way. Minor injuries were reported.

January 26

An individual was assaulted on Warwick Boulevard. Minor injuries were reported.

Property was damaged

on Jefferson Avenue. A suicide was reported on Maxwell Lane.

January 25

A case of forgery was reported on Turlington Road.

Stolen property was recovered on Jefferson Avenue.

January 24

A case of shoplifting was reported on Chatham Drive.

Merchandise was stolen on Jefferson Avenue.

January 23

A case of shoplifting was reported on Jefferson Avenue.

A case of credit card fraud was reported on Jefferson Avenue.

Information from Newport News Police

GAINES, FROM PAGE A1

for all of the student organizations in need.

The most recent committee meeting took place on Wednesday, Jan. 4. Among those present at the meeting were: Executive Vice President William Brauer, Ferguson Center Executive Director Bill Biddle, Chief of Staff Cindy Perry, Dean of Students Donna Eddleman, professors Steven Breese and Mark Reimer of the theater and music departments, as well as McBride. Several student organiza-

tions have voiced their concerns over the campus growth that threatens their event and meeting spaces. Among these student organizations are: Intervarsity Christian Fellowship (IV), CAB, CNU TONIGHT and Multicultural Student Association (MSA). Concerning the demolition of Gaines, said Eric Gambardella, Intervarsity co-campus minister, "We wish it was not happening. Gaines is the only place on campus that can fit the 200-plus people who come to our weekly meetings."

Names in the news

LINDSAY LOHAN UPSETS REHAB PATIENTS

Lindsay Lohan has upset residents of the Los Angeles rehab facility she checked into earlier this month because they claim she's treating the place like a spa. Some patients at the Wonderland center said the young actress has been getting special treatment and a flexible schedule.

The actress' publicist, Leslie Sloane Zelnick, insists the criticism is unwarranted. She says, "Lindsay is 100 percent not getting special treatment. This isn't the Betty Ford Clinic, it's not a lock-down facility. There is personal time. These naysayers... don't know what she's going through, they're not there."

In fact, the complaints are reportedly coming from people who are there, and

they're questioning how committed Lohan can be when she's being regularly visited by her masseur, hairstylist and makeup artist in between group-therapy sessions.

GATES WARNS TO STAY AWAY FROM TV STOCK

Don't buy stock in the TV networks. Microsoft chairman Bill Gates proclaimed this weekend that the Internet will have supplanted traditional TV viewing within five years.

Speaking to the World Economic Forum in Davos, Switzerland, Gates said, "I'm stunned how people aren't seeing that with TV, in five years from now, people will laugh at what we've had."

Gates declared that high-speed Internet combined with the availability of online video

will provide viewers with a flexibility and an immediacy that TV can't match.

'ARMED AND FAMOUS' PULLED FROM PRIMETIME

You won't have LaToya Jackson in a police uniform to kick around anymore. Variety.com is reporting that CBS has pulled "Armed and Famous" from its schedule.

The dubious reality show in which B-list celebrities patrolled the streets of Muncie, Ind., lasted only three weeks. One more episode and we're sure Erik Estrada would have been able to recite the Miranda rights without a cue card.

CAGE GETS HONOR OF GRAND MARSHAL

When the NASCAR season

begins Feb. 18, the grand marshal for the Daytona 500 will be actor Nicolas Cage. In that capacity, the actor will alert the drivers to start their engines. Everything else he says will be drowned out by the engines.

JACKO BACK IN THE U.S. FOLLOWING PILGRIMAGE

Bahrain, France, Ireland — stops on the pilgrimage of more than a year made by Michael Jackson since the end of his child molestation trial in June 2005. He didn't travel on foot, much less barefoot or on his knees, as some pilgrims do, but the One-Gloved Wonder, who is now back in the United States, has been working hard for a comeback.

MCLATCHY TRIBUNE ■



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CREDITS The Captain's Log is created with Apple Macintosh computers, using Adobe InDesign, Adobe Illustrator, Adobe Photoshop and Microsoft Word.

Secret to good food? Communication

FOOD CZAR | New director Nancy Williams wants food to make you feel at home.

BY SHANNON HUMPHREY
SHANNON.HUMPHREY.04@CNU.EDU

For newly hired Executive Director of Dining and Culinary Services Nancy Williams the secret to a good recipe lies in communication with the different palates.

After traveling across the country from California to accept the position, Williams said she is excited to be a part of the progress at CNU.

"I was ready for a change and wanted to be involved in a progressive campus. Here at CNU the food service is an updated operation with quality food," said Williams.

With more than 30 years in food service, Williams said she has become aware of the importance of quality to food on a college campuses. "I always want to be in tune to the customer; after all for many of these students it is their first time away from family," she said.

"These students need something to remind them of home and that's where we come in."

"I am excited to be here and

understand why so many students want to attend CNU. To be a part of this campus as it progresses is exhilarating," said Williams.

One way in which Williams plans to reinvent quality food is by introducing specialty items to the dining hall menus.

Additionally, she plans to incorporate authentic tastes in the form of Mexican and Thai foods, as well as establish "the perfect burger."

"I am a big burger fan and am always on the look-out," she said.

Several functions regarding the operations of dining services will also be amended under Williams' watch.

One change recently implemented is that The Hiden-Hussey Commons no longer serves meals on the weekends.

The change came as a request from the university, said Williams, which she said also coincided with the extended weekend hours of the David Student Union (DSU).

"There were complaints

about the David Student Union appearing to be closed on the weekends.

We are trying to move more people into the facility to avoid this impression," she said.

Williams emphasized through each of her plans for dining services the importance of connecting with the students and understanding what they want.

"I consider the dining services on campus to be in competition with outside restaurants. Students should be just as satisfied here as they are at other restaurants off campus," said Williams.

Williams hopes additionally to increase the performance of CNU's dining services with an expansion of the student dining committee and dining advisory program, and the new addition of a secret shopper program.

"I think we need eyes and ears for evaluating our dining services. The secret shopper program would allow us to know what we are achieving and what we could improve upon," said Williams.

Also on her agenda are plans to evaluate CNU meal plans in comparison to other universities.



Nancy Williams discusses food approaches with Regattas staff member.

To illustrate the success of satisfied customers at this university, Williams said that CNU's dining services has competitively ranked above the national average.

The National Association of College and University Food Services (NACUFS), she said, administers benchmarking surveys, measuring everything from cleanliness

of the facility to the friendliness of the staff.

Dining Services at CNU ranked above the national average in all the 12 categories. ■

Students filing taxes for free

VOLUNTEERS | Low-income locals get free help from CNU accounting students.

BY KELLY DOWD
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Starting next week, those in the Hampton Roads area with low to moderate incomes can have their basic tax returns filed for free by CNU business students. The Joseph W. Luter School of Business is participating with a national volunteering program to provide this service to the community.

The organization, called the Volunteer Income Tax Assistance Program (VITA), was established at CNU by accounting instructor Gabriele Lingenfelter last year. The university had a similar program in the 1980s, she said.

Prior to her pro bono tax filing duties at CNU, Lingenfelter coordinated a similar program at another university and with the military. She is trained through the IRS, the original developer of VITA. She is responsible for all taxes filed by the student volunteers.

"It's good hands-on experience and helps students decide what they want to do. It also looks good for the department and for the IRS," said Lingenfelter.

Students who are either enrolled in Accounting 401 or have previously taken the class are eligible to volunteer.

In order to participate, however, they must go through training and pass a test administered by the IRS. There are eight students who will participate in filing taxes this year, usually constituting 2-4 hours of work per week.

"We provide more reliable tax information than if they're doing it themselves, so it gives our clients more assurance that they'll get all the tax returns they possibly can," said senior Anna Irby, who volunteered to file taxes through VITA last year.

The student volunteers will be filing taxes for students, staff and the community on Mondays and Wednesdays from 1-4 p.m. and Tuesdays from 9-11:30 a.m. and 1-2:15 p.m. from Feb. 1 through April 6. Services will not be available from March 6 to 8. It will also be offered Saturday, March 17 from 11 a.m. to 12 p.m.

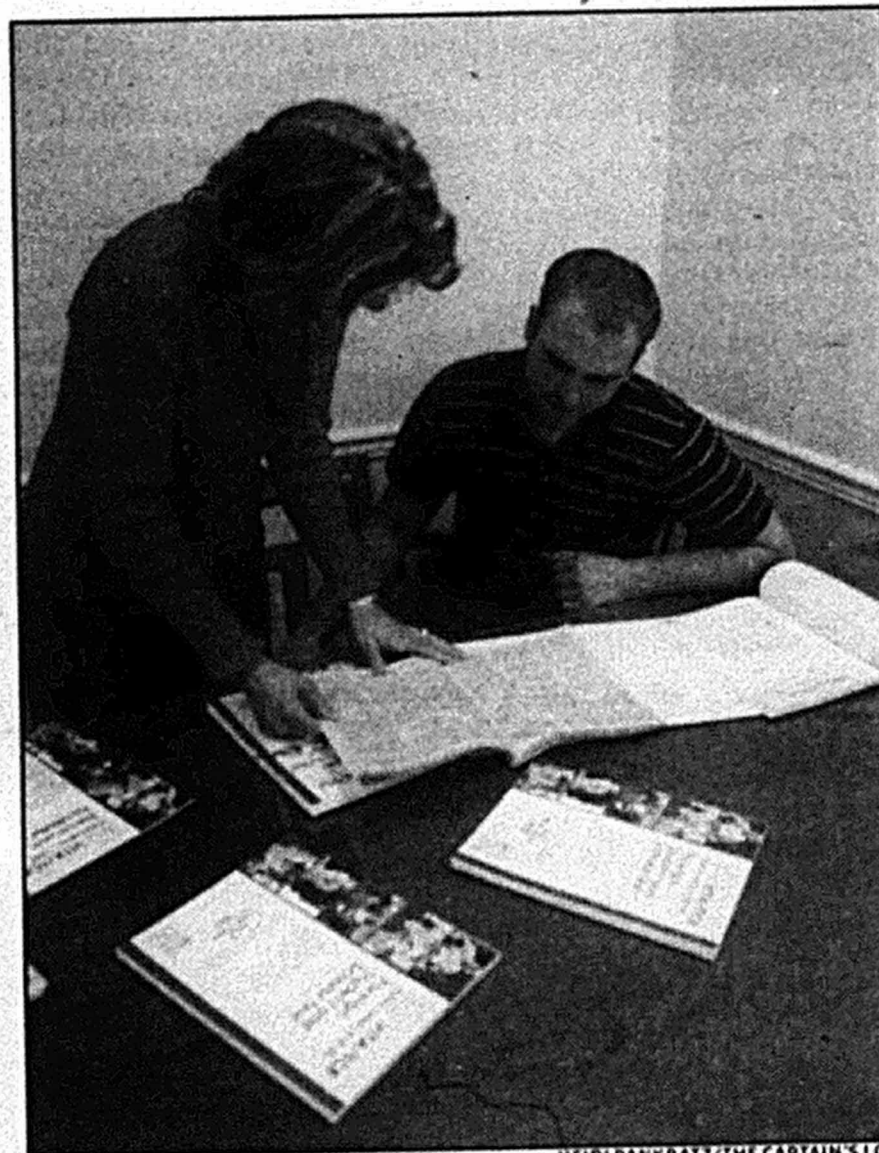
Filings are a walk-in process and will be located at the SunTrust Building on campus. The service is open to the public and includes free e-filing, which will help clients get their checks back faster, Lingenfelter said.

At various other colleges, Lingenfelter said, student participants can earn one credit hour for their work. CNU students' tax filings are solely voluntary.

Business students who take part in the program say they are willing to give up their time with hopes that practice does indeed make perfect.

"With my major — accounting — I could potentially be doing taxes for the rest of my life, so the experience is important," said senior Tim Wacek, a first-time volunteer.

Volunteers are also using this opportunity to facilitate impending job hunts, expanding their resumes with training, experience



Accounting professor Gabriele Lingenfelter assists senior Tim Wacek who is a first-time volunteer with VITA.

and community service.

"I'm trying to get an internship this summer and one of the qualifications is knowing how to do taxes, so I thought this might help with my application," said junior Heather North.

There are eight business students currently signed up to participate in filing tax returns, increased from the five who participated last year. Lingenfelter also expects the number of clients to increase — there were

72 people last year, and she expects closer to 150 clients this year. The increase, she said, will probably come from the community rather than the student population.

"I think there are a lot of people in the immediate vicinity of CNU who can use our services," said Wacek.

It is recommended that taxpayers take advantage of the free filings earlier rather than later and to bring all necessary information with them. ■

Web site to give emergency info

The new site, cnualert.info was launched to assist the CNU campus.

BY KELLY DOWD
KELLY.DOWD.06@CNU.EDU

Come blackouts, wind, rain or fire, CNU students now have an official resource on the Web to keep them informed of emergencies. The Web site cnualert.info launched this past December.

After Tropical Storm Ernesto hit the area last fall, disabling power and communications on campus, efforts to launch an emergency information site became a priority for the department of communications and public relations. During Ernesto, public relations announced that everything was open as normal after watching weather reports.

With cnualert.info up and running, it will now be easier to get information to students because the Web site is hosted on a server that is not tied to the campus.

If power to the university network were to fail, the site would still be able to function, said Carolyn Cuthrell, director of communications and public relations.

If there are events or occurrences that might interrupt the normal schedule of the university, the site lists current conditions, weather notices and unscheduled office closings after 7 a.m.

It also includes links to the Web pages of local television and radio stations that release

weather announcements.

There are links to pages for emergency phone numbers, types of closing announcements, preparation protocols for emergencies and inclement weather.

Although Ernesto was one reason that the office of communications and public relations decided to launch an emergency Web site, the idea has been in the works since August. Their goals for the 2006-2007 academic year included a review of the communications plan and how on-campus communications might be improved in case of an emergency, Cuthrell said.

The office of communications and public relations did outside research in order to get ideas for the site by looking into the emergency practices at other universities. Web site Production Assistant Heidi Morris created a first draft of the site in August. She found links and features that would be helpful for the page, including emergency preparedness information and emergency procedures.

After creating a draft for a site, the department sought feedback from the university police, SGA, administration and faculty.

"The Internet is fast becoming an important medium for the distribution of timely information. Most of our students have grown up using computers and students have become reliant upon the Internet to communicate and retrieve information. The [cnualert](http://cnualert.info) (Web site) is a natural extension of this technology," said Chief of University Police Jeffrey Brown via e-mail. ■

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DIVERSIONS

WEDNESDAY, JANUARY 31, 2007 | PAGE A4

Mystic Stars | Jan. 29-Feb. 4

BY LASHA SENIUK | MCCLATCHY-TRIBUNE NEWS SERVICE

IF YOUR BIRTHDAY IS THIS WEEK: Key officials will soon opt for new hiring procedures or changed personnel. Don't be unnerved: for the next few weeks workplace disagreements and rare improvements to flawed policies may be a source of concern for both managers and co-workers. After March 2, however, a new era of career advancement and job expansion is due to arrive. Throughout much of the next two months, last-minute business or financial proposals may demand quick decisions. If so, expect fast expansion and positive financial gains. June 7 to Aug. 19 accent rare family choices, unique housing issues and new romantic proposals. Loved ones and potential romantic partners will provide concrete solutions: stay open to fast changes and new sources of security.

Loved ones and potential romantic partners will provide concrete solutions: stay open to fast changes and new sources of security.



ARIES (March 21-April 20) After Monday, many Aries natives may experience a powerful wave of social change. If so, expect friends or relatives to soon expand leisure activities, explore new travel plans or propose creative financial strategies. Remain open to all ideas: your enthusiasm will be quickly adopted. Later this week, business officials may announce an unique project involving new technologies, expanded communications or fast research. Offer assistance: team acceptance will prove vital to success.



TAURUS (April 21-May 20) Over the next six days, a new friend or colleague may press for added access to your daily life. Special favors, living arrangements or rare family activities may be a key concern. Be polite but set firm boundaries: at present, private and public relationships are best kept clearly defined. Tuesday through Friday also highlight joint finances and shared home obligations. Someone close may propose a controversial legal agreement. Remain detached: minor disputes will soon expand.



GEMINI (May 21-June 21) Romantic triangles and rare invitations are now distracting and unproductive. Before mid-week, a close friend or lover may misinterpret your emotional interest in a colleague or new acquaintance. If possible, avoid complex discussion: this is not the right time to address issues of trust and social privacy. Wednesday through Sunday accent last minute financial adjustments, revised legal permissions and complicated business contracts. Improvements may be controversial: stay alert.



CANCER (June 22-July 22) Fast business decisions, although socially disruptive, will now work to your advantage. Tuesday through Friday, expect revised duties to bring added team opportunities and a need for skill development. Confidence will be quickly rewarded: ask key officials for special permissions, educational funding or new assignments. Late Saturday, a close relative may demand a detailed explanation of recent social encounters or family events. Be forthcoming: trust will soon increase.



LEO (July 23-Aug. 22) Long-term career aspirations can now be re-established. Many Leos will soon end several months of low business interest and job disillusionment. Carefully consider all proposals: in the coming weeks, renewed employment contracts will require detailed negotiations. After Wednesday, minor disruptions to family or social plans may be bothersome. Determination, however, is important: expect friends and relatives to request guidance, special home favors or revised agreements.



VIRGO (Aug. 23-Sept. 22) A colleague may this week relinquish control of an important project. If so, expect complications or power struggles for much of the coming month. Remain diplomatic: social tensions may be high. After mid-week, private home discussions may reveal the hidden fears of loved ones. Public criticism, career failure or the disapproval of authority figures may be more debilitating than anticipated. Plan unique family events or social gatherings: group support will prove invaluable.



LIBRA (Sept. 23-Oct. 23) Potential love affairs and new friendships are this week compelling but unreliable. Before Friday, social promises will be easily dismissed or quickly forgotten: enjoy private moments but avoid long-term obligations or new future plans. After next week, romantic decisions will be undeniable: stay balanced and wait for meaningful change. Thursday through Sunday business and financial discussions work to your advantage. Press authority figures for new roles or guidelines: all is well.



SCORPIO (Oct. 24-Nov. 22) Friends and lovers may this week ask for added home promises or renewed group agreements. Areas of concern are daily routines, parenting obligations and minor machinery repairs. Don't delay: loved ones may be impatient. After mid-week, workplace negotiations provide unique insights into the methods of key officials. Financial improvements, long-term contracts and job promotions may not arrive as expected. Timing is important: take time to evaluate all options.



SAGITTARIUS (Nov. 23-Dec. 21) Monday through Wednesday, business agreements and new financial documents may provide faulty numbers or misinformation. Remain determined: authority figures will now rely heavily on your attention to detail. After Thursday, a close friend may need extra encouragement. Social distraction will help heal ongoing family or romantic disappointment. Offer cheerful discussion or fresh activities: creative entertainment and group involvement will bring the desired results.



CAPRICORN (Dec. 22-Jan. 20) Minor disruptions to sleep patterns or bouts of restlessness may require attention early this week. If so, study daily dietary habits and health regimes for needed improvements. At present, many Capricorns will benefit from a rekindled interest in exercise or outdoor activities: remain flexible and watch for fast improvements. After Saturday, dreams and sudden intuitions may reveal the private concerns of a close friend. Stay alert: powerful feelings of isolation need to be addressed.



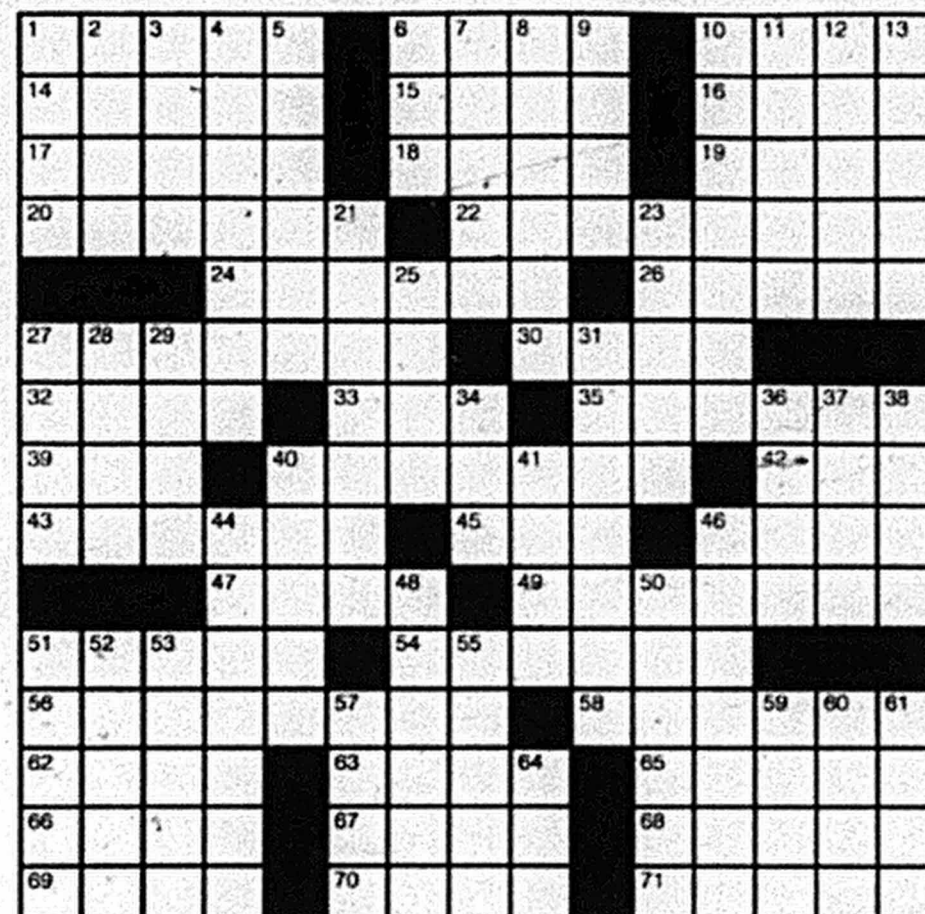
AQUARIUS (Jan. 21-Feb. 19) Strong opinions and bold discussions are this week an ongoing theme. Over the next few days, home plans may be easily disrupted by the emotional demands of a close friend. Romantic advice, social guidance or the recent actions of a potential lover may all be at issue. Your observations are accurate: remain dedicated to ethical solutions and public honesty. Later this week, a postponed financial promise may demand completion: ask for revised paperwork.



PISCES (Feb. 20-March 20) Nostalgic sentiments and minor social doubts may be bothersome this week: before Thursday, expect younger friends or relatives may be unusually introspective. Allow for extra privacy, if possible: at present, complex social or romantic decisions will require quiet reflection. After Saturday, study financial records for errors. Someone close may soon initiate money discussions or request added business advice. Remain determined: forgotten payments will prove costly.

Crossword

- ACROSS**
- Set to rest
 - Pop, to some
 - Eyes, in poems
 - Dutch cheese
 - Skater's leap
 - Combustible material
 - Bar legally
 - Italian city
 - Hamburg wife
 - Siberian plain
 - Extinct reptile
 - "Love Me ..."
 - Lash marks
 - Radar gun's target
 - Emulate Perry White
 - Tailless amphibian
 - Dairy farm sound
 - Type of kick
 - November winners
 - Handing out gratuities
 - Loco
 - Quit working
 - Musical syllable
 - See socially
 - Speech impediment
 - Footstool
 - Domain
 - Hard hits
 - Pretentious people
 - Exclude
 - Math subj.
 - Fifty percent
 - Separate portion
 - Actor Morales
 - Between ports
 - Gain knowledge
 - Take ten
 - New Jersey five
 - Blundered
- DOWN**
- Gets older
 - Found partner?
 - Pipe sealant
 - Took into the family
 - Barked like a peke
 - Tree fluid
 - Rust, for example
 - Craving
 - Arkin of Hollywood
 - Counteracts
 - Rustic
 - Humdinger
 - Disparaging remarks
 - Foes
 - In debt
 - Kind of kick
 - Slammer or clink
 - Johnnycake
 - Sunrise direction
 - Contributed
 - Choose
 - Mosque prayer leader
 - Computer fodder
 - Garden of earthly delights
 - Light haircuts
 - Fe
 - Unlawful
 - File



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1/31/07

Solutions



- 48 Magic word
50 Three-bagger
51 Competitive runner
52 Obliterate
53 Mythical weightlifter
55 Map dot
57 Comparison word
59 Teddy
60 Field measure
61 Tear apart
64 Notes of scales

A College Girl Named Joe

BY AARON WARNER



Su|do|ku

BY MICHAEL MEPHAM



9								5
		7	8	3	1	2		
	2						4	
		3	6		5	4		
	4						2	
		2	7		9	6		
	6						3	
		4	5	7	3	1		
2								8

Level: **1** 2 3 4

Complete the grid so each row, column and 3 x 3 box (in borders) contains every digit 1 to 9. For strategies on how to sudoku, visit www.sudoku.org.uk.

Solution to this week's puzzle.

8	5	7	6	4	1	3	2	9
2	9	1	3	7	5	6	8	4
4	3	6	2	8	1	9	7	5
3	1	9	6	4	7	2	8	5
7	2	5	8	1	3	6	4	9
6	8	4	7	5	9	6	2	1
4	1	2	9	7	6	3	5	8
9	6	1	2	3	8	7	5	4
5	7	3	4	9	2	8	1	6

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Contact The Captain's Log advertising department at clog@cnu.edu for a special ad rate on this popular page.

By Heidi Pankratz and Mark Newton

"It doesn't affect me because I'm a commuter."

GEORGE EVANS
FRESHMAN



"I hate it because it's cold and I have to walk all the way from Santoro."

COURTNEY IRVINE
FRESHMAN



"I'm a commuter, so it's more convenient and the food's better"

KEVIN BROWN
SENIOR



"I love it because I live in York. We spent so much money on it, why wasn't it being used before?"

CHUCK FAIRBANKS
JUNIOR



"I like it better, since there's more seating, it's more nicely lit, and it's better located."

CHELSEA REID
SOPHOMORE



OPINIONS

WEDNESDAY, JANUARY 31, 2007 | PAGE A5

WHERE WE STAND

OTHER VOICES

New thoughts for a wet east campus

I've heard the line of reasoning used quite a few times now as to why a wet residence hall policy is encompassingly problematic and thusly unacceptable for east campus: It can't be enforced. If of-age students are allowed to have alcohol and live with 18, 19 or 20-year olds on east campus, they are going to share it with those underage friends. That's true. There's no way of stopping it, really.

If an RA enters the aforementioned room during a health code inspection or random visit, they might find alcohol in a common area or the fridge. Does that belong to the 21-year old? Surely he or she owns it. But what if it belongs to one of the underage roommates? In order to let a wet policy work, I suppose you'd have to give the 21-year old the benefit of the doubt.

Despite whatever problems this one scenario presents, other very clear enforcement protocols can be enacted on a wet east campus to control underage drinking and the fallbacks that come with it. Some envision a mass exodus each weekend from York and Santoro across Warwick to the Village.

If we were to legalize alcohol in residence halls for those of age, a way to keep the Village or Apartments from being another Port Warwick is not to turn a blind eye, but enforce strict punishments (at least equivalent to an alcohol violation for minors) on those who are 21 and host underage drinking in their

apartments or are witnessed distributing alcohol to minors. A similar charge exists at Mary Washington University, though punishments are usually free and educational. An added deterrent might encourage 21-year olds regulate their own drinking environments. It might not be so hard to find a legal crowd on east campus next year. According to admissions reports submitted to the Alcohol Task Force (ATF), 51 percent of students on east campus are 21 years of age as of Jan. 1. This number will only grow in the fall of 2007, as no sophomores or freshmen will be allowed to take up residence on east campus, a new wave of upperclassmen will arrive and rising sophomores retaining their rooms will be of junior standing and many turning

Surely he or she owns it? But what if it belongs to one of the underage roommates? In order to let a wet policy work, I suppose you'd have to give the 21-year old the benefit of the doubt.

ing 21 by next January. The 51-percent figure was unsatisfactory to the board—it didn't seem convincingly high enough to warrant allowing alcohol for of-age students.

Honors and Community Enrichment Director Kevin Hughes said that fewer alcohol violations actually take place on east campus than main campus (which has only 17 percent of-age residents). Does this higher level of of-agers on east campus have any meaningful relationship to the fewer alcohol violations? Perhaps not, but it's something to think about and research more extensively.

IAN SASS-BASEDOW, EDITOR-IN-CHIEF

Combat climate change

We've all heard the warnings about climate change, but do we really heed them? We know that burning fossil fuels creates greenhouse gases and that the build-up of those gasses in our atmosphere causes global warming. As a result of climate change, irreparable damage is done to the environment and those who call it home. The challenge of our generation is to combat climate change by using less fossil fuel and developing cleaner methods of creating electricity.

It's not easy being green, but it's far from difficult. There are simple things you can do to protect the environment, starting with the three R's.

- Reduce your energy consumption. Replace 60-watt bulbs with 15-watt compact fluorescent bulbs and turn them off as you leave a room. Cook fresh foods—frozen delicacies consume ten times more energy.

- Reuse products that consume energy to produce. Take used shopping bags when you pick up your groceries.

Fill that water bottle through-

out the day and save money, too.

- Recycle aluminum, glass, plastic and paper. Separate first drafts and paper scraps from your other office trash. Keep a "green" can in the kitchen for recyclable items.

"We are privileged at Christopher Newport to have the opportunity to take part in this special nationwide event."

Eager to learn more about climate change and how to reverse it? Join Americans for Informed Democracy in a Campus Climate Challenge week of action, Jan. 29 through Feb. 2. Wednesday at 7 p.m., our distinguished Mayor Joe Frank will visit the university's Music and Theater Hall to publicly sign Seattle's Mayor Climate Protection Agreement. A speaker will follow to commend our city's progress in the initiative. Thursday at 7 p.m. in Anderson Auditorium, Patricia

McArdle will join us to present Al Gore's slide show, "An Inconvenient Truth." McArdle is one of 50 representatives chosen and trained by Al Gore to present the slide show on his behalf. In addition to this rare opportunity, the film "An Inconvenient Truth" will be shown across campus all week long.

We are privileged at Christopher Newport to have the opportunity to take part in this special nationwide event. Campuses across the country are hosting similar programs to promote action towards environmental sustainability. Visit www.climatechallenge.org/woa for more information.

The first step to raising awareness of the disastrous effects of global warming is to become an educated spokesperson for the environment. Take the first step and join Americans for Informed Democracy in a week of action to combat climate change. For more information on CNU's week of environmental action, contact kayt1.wingfield.04@cnu.edu or meg.finch.04@cnu.edu.

—Meg Finch ■

Ranks of Army, Marines need significant increases

MCCLATCHY NEWSPAPERS

The Bush administration is beginning to talk specifics about increasing the number of "boots on the ground."

Defense Secretary Robert Gates says he will press Congress to authorize 92,000 more troops for the active-duty Army and Marine Corps.

This would be a wise move, long overdue.

As recently as last year, the Pentagon's long-term blueprint called for cutting the Army from 491,000 troops to 482,400 by 2011.

That was patently unrealistic, given the wars in Iraq and Afghanistan, along with the continuing risk of crisis in trouble spots such as Korea and the Taiwan Strait.

The new plan calls for boosting the Army by 65,000. The Marine Corps, now at 202,000, would grow by 27,000.

The plans to increase the active-duty force are unrelated to the troop "surge" President

Bush has ordered in Iraq.

The surge is a short-term strategy; increasing the active-duty force as a whole cannot happen overnight.

Pentagon officials plan to first make permanent a 30,000-troop temporary increase in the Army that was approved earlier, while steadily adding the remainder through recruitment and retention over five years.

The Marine Corps' strength would increase by making a 5,000 temporary increase permanent, and using recruitment and retention to add the remainder within four years.

This would help spread the burden of frequent combat deployments now shouldered by the existing force.

Democratic Representative Ike Skelton of Missouri, the chairman of the Armed Services Committee, says, "Our soldiers particularly, I feel, are worn out."

Congress should act quickly on the administration's request.



LETTERS TO THE EDITOR The Captain's Log welcomes letters from its readers. Editors reserve the right to edit letters for style and length, as well as to refuse publication.

SEND LETTERS TO The Captain's Log, 1 University Place, Newport News, VA, 23606. Letters may also be brought to our office or sent by e-mail at clg@cnu.edu. Anonymous letters may be printed, but writers must sign the original, providing a full address and telephone number for verification purposes. Students, please indicate your class status. If the writer is affiliated with an organization, that may be noted. For a letter to be considered for publication in the next issue, we must receive it by noon of the Wednesday prior to publication.

Prioritize students, learning by making college affordable

BY YOLANDA CHAVEZ LEYVA
MCCLATCHY NEWSPAPERS

College affordability is a big deal. Just ask my students.

I teach at a university where 75 percent of the students work to put themselves through school. The majority of students are the first generation in their families to attend college and, each day, many of them juggle school, work and family obligations.

They come to the university with the profound hope that higher education will provide them knowledge, stable employment, financial security and a better life—the dreams of college students all over the U.S.

In recent days, the dreams and hopes of America's youth have been the subject of debate among lawmakers. The U.S. House recently voted to decrease the interest rate on federally subsidized loans to college students from 6.8 percent to 3.4 gradually over the next five years.

Recently, both Democrats and Republicans have proposed ways to make college accessible to students, ranging from the cuts in interest rates to increased financial aid. They have also called on universities to lower their tuitions.

Between 1994 and 2004, the average price for undergraduate tuition, room, and board at

public colleges increased by 30 percent, according to the U.S. Department of Education. The

"Making college accessible to students is one of the best ways to invest in our nation's future. Entering the 21st century, students' access to an affordable college education must be a national priority."

increase was even higher at private institutions.

Students considering higher

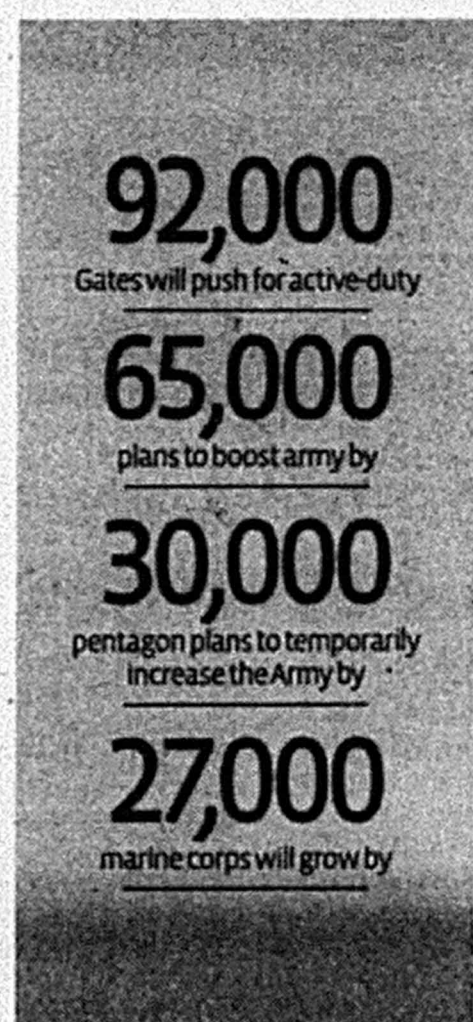
education can face many obstacles. Paying for college is often high on the list. Last fall the Commission on the Future of Higher Education issued a report that said that rising costs discourage students from entering college. The fear of high debt inhibits others.

But a college degree is directly correlated with higher earnings, and, in the past two decades, the difference has grown. In 1980, males with a college degree earned 19 percent more than males with a high school diploma, according to the Department of Education. By 2004, they earned 67 percent more. While the earnings of those with college degrees have

increased over time, the earning of those with only a high school diploma has dropped.

Making college accessible to students is one of the best ways to invest in our nation's future. Entering the 21st century, students' access to an affordable college education must be a national priority. Democrats and Republicans must continue to work together to find creative solutions to the increasing cost of a college education.

At the beginning of each semester, when I look out at the faces looking back at me, I can't help but think about the dreams they bring with them. For our nation's sake, let's help make their dreams a reality. ■



FOOD+HEALTH

WEDNESDAY, JANUARY 31, 2007 | PAGE A6

Kick your Super Bowl party up a notch

GAME DAY | Want this year's Super Bowl party to be a blast? Here are some quick recipes and party food tips.

BY ALIYA ALTAFULLAH
ALIYA.ALTAFULLAH.04@CNU.EDU

The end of the NFL season is just days away and any avid football fan will tell you that this upcoming Sunday is a day for pigskin, commercials and, (of course) delicious food that you can snack on until the post game re-cap.

If you're planning a Super Bowl Party, the most important thing to do is prepare in advance.

Get as much done ahead of time so you can sit back, relax and enjoy the game with your guests. Also, don't try and overdo it. Finger foods are a great way to feed and entertain at the same time. Here are a few more tips to keep in mind:

- Do all your chopping and slicing in advance. You can store chopped veggies in plastic bags, ready for your platter.

- Crockpots are great for keeping foods warm. Borrow a couple if you can and use them for cheese dip, meatballs, or sausage links. Mix store-bought or homemade raspberry chipotle sauce and a small can of tomato sauce to make a quick and easy sauce for meatballs or sausages.

- Choose foods that require little, if any, silverware. Be prepared with plenty of toothpicks and napkins for those finger foods.

- Have plenty of coffee, sodas and other drinks ready well before you end the party. Buy a big plastic tub (less than \$10 at any department store), fill it with ice and you'll be good to go.

Once you've got your party planned out, it's time to think about the menu. Three good rules of thumb are to make sure your dishes are easy, affordable and abundant. In other words, ordering pizza is fine, but that'll be gone pretty quickly, leaving your guests hungry again by halftime. It is better to have a bunch of different, smaller snack foods than one or two big entrees.

Choosing things that you can snack on throughout the day will keep everyone satisfied and constantly full. Here are a couple menu ideas to get you started:

- One of the hottest football party foods is chicken wings. Whether you make them Buffalo-style, sweet and sour, honey-glazed, or otherwise, these are sure to be a hit. To save time, choose a baked chicken wings recipe. Make them in advance and just reheat for the party. If you're really in a hurry, you can grab a bag of wings from the frozen department, toss them in the oven and you're good to go.

- Steam a bag of scrubbed baby red new potatoes in their skins. Toss in kosher salt while hot, then let cool. Cut in half and scoop out the centers with a melon-baller or small spoon, leaving 1/4 inch of potato inside the skin. Fill them with herbed cream cheese or sour cream, salsa, taco-seasoned chicken or ground beef, chicken salad, or whatever sounds good to you.

This is a great recipe because you can serve these hot or at room temperature and the potato you scoop out can be used in potato pan-



PHOTO COURTESY OF SXC.HU

A hotdog bar is a great way for everyone to interact. Set up colorful bowls of condiments and let everyone serve themselves. Cook your hotdogs in beer, or grill them on a BBQ for extra flare. Your party and your food will be a majortouchdown.

cakes, potato salad, mashed potatoes... you get the idea.

- Pick up a bottle of raspberry chipotle sauce or make your own. Pour over a block of cream cheese and serve with club crackers. Salsas over cream cheese with tortilla chips is another popular, quick dip.

- Don't waste money on one of those giant submarine sandwiches from the deli. Pre-order a large loaf from the bakery or bake your own bread. Several large bread rounds will also work. Buy your favorite deli meats and cheeses. Load them up in the morning, wrap in foil and

refrigerate for later. You can warm them in the oven or serve them cold.

- Wraps, pita sandwiches, and roll-ups are easy to put together ahead of time. For roll-ups, spread tortillas with cream cheese, mustard, mayonnaise, or your favorite condiment, layer with thin slices of meat or poultry, roll up and slice into bite-size pieces. Pre-make pitas and wraps or consider letting guests make their own, buffet-style.

- Make hot dogs the main event at your Super Bowl party by cooking them in beer and setting up a condiment bar. Fill a bunch of differ-

ent bowls with condiments, relish, chopped onions, chili, cheese, etc. and have your guests garnish their own.

- Large, hollowed-out sourdough bread rounds make a great container for dips. Use the same idea with red or green heads of cabbage, multi-colored sweet bell peppers, tomatoes, grapefruits, and oranges.

- Don't forget the classics: chips, dips, and salsas! To spice it up a little, put out Doritos with salsa. Or melt some Velveeta and serve it with tortilla chips. To make your own salsa, roast tomatoes, red onions and peppers

in the oven and then toss them in a food processor.

- For dessert, go with something simple like cookies, ice cream, mini-muffins or doughnut holes.

Don't forget that when you're throwing a gathering like this, having fun is the most important part! Place fun bets on the game, like who can guess how many beer commercials there will be, how many points each team will score or which player will score the most touchdowns. Have everyone bet a couple bucks, or spring for some prizes from the dollar store. Your guests will leave entertained, satisfied and with full stomachs! Enjoy! ■

Recent technology hits the treadmill

BY LISA ROBERTS
THE ORLANDO SENTINEL

Welcome to the future, in which you can zap calories using electronics-laden cardio equipment that sends boredom to the locker room. A new generation of machines — from treadmills and elliptical trainers to stationary bikes and stair steppers — is taking exercise to higher levels while offering entertainment options such as iPod ports, games and built-in TVs.

"Interaction is everything," says Mike May, spokesman for the Sporting Goods Manufacturers Association in Washington, D.C. "It's where the future of industry is headed. People like to be entertained, they like a little enlightenment, and they want exercise."

The NordicTrack Viewpoint 3000 treadmill exemplifies the trend. The machine has an MP3 player port and a flat-screen TV built into its console. While the user churns along, the console also displays the time, distance and calories burned. The machine is outfitted with Ifit technology, which enters a user's workout by reading data on a small plastic card. Ifit's "personal trainer" coaches throughout the workout, giving tips on such things as breathing and posture while offering encouragement. The program offers 24 workouts, all based on an eight-week program that builds toward the exerciser's goal.

Cardio technology has come a long way since the first electric treadmills appeared in health clubs decades ago. The pace picked up as electronics made possible programmable controls, a selection of workouts, and ramps that inclined at the push of a button. Innovations quickly jumped to other cardio machines. Nautilus club equipment, for

instance, offers things such as programmed workouts, fitness tests, LCD displays and heart-rate monitoring with a belt or via the machine's grips, says Dale Griffin, sales manager of Precision Fitness Equipment in Altamonte Springs.

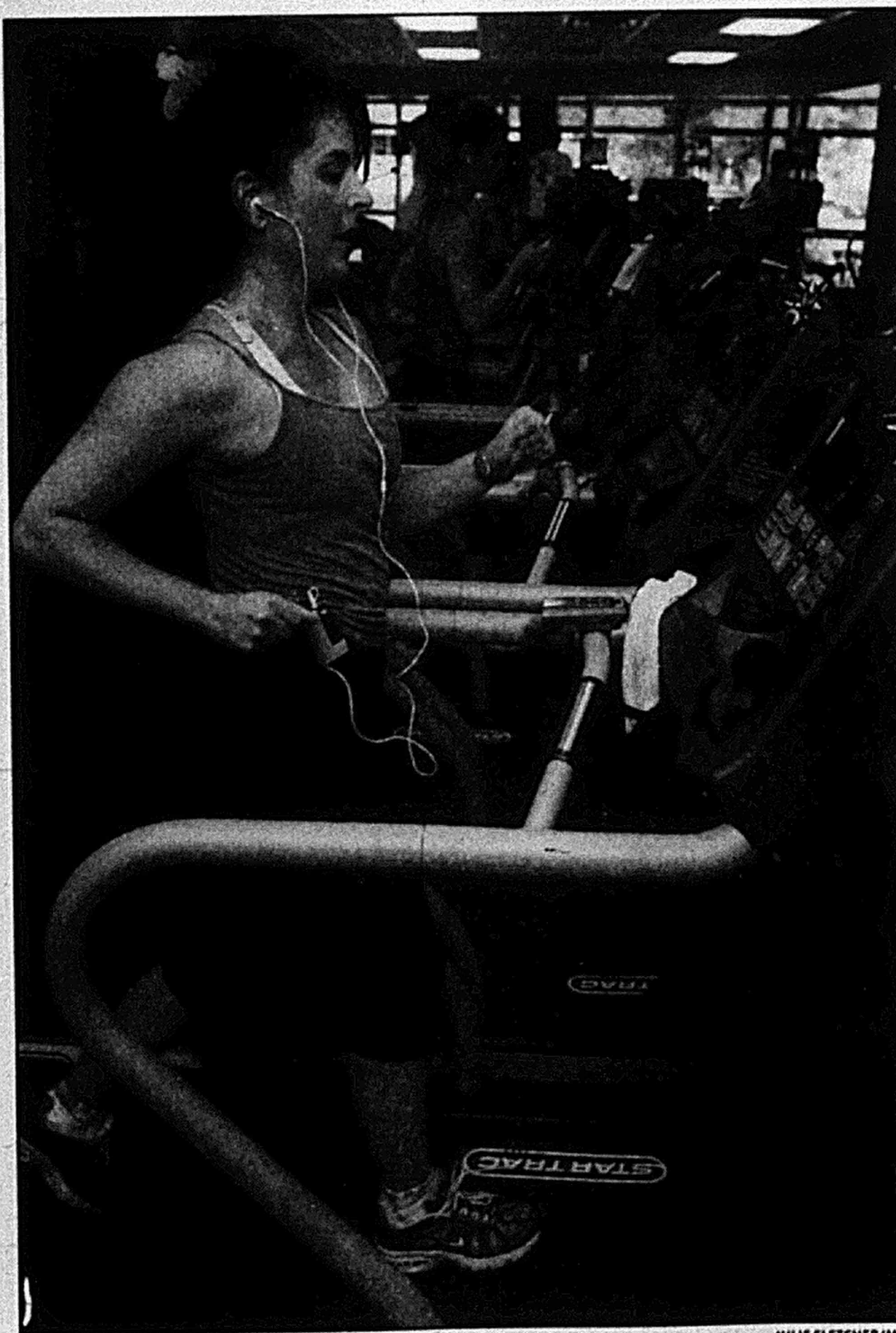
New products include ProForm's 20.0 CrossTrainer elliptical machine, which integrates fitness and two games, which are controlled by buttons built into the trainer's handles. The more quickly a user pedals while playing "Fat Blocker," the slower blocks "fall" on the console screen and the easier the game becomes. Pedal faster while playing "Calorie Destroyer" and a man on the screen runs faster, which allows him to better avoid bullets coming at him.

Horizon Fitness' WT950 Wireless Pedometer treadmill, which lets you count your steps during the day, then transmit them to the machine for workout credit.

The Nautilus TreadClimber, a hybrid stair stepper/elliptical machine that gives users a running workout at a walk, which saves wear and tear on the back, feet, ankles, hips and knees. It can convert to either an elliptical trainer or a treadmill.

Newfangled equipment does come at a cost. A club-quality TreadClimber, for instance, is \$7,000 at Precision Fitness Equipment. A home-use HealthRider elliptical is \$899 at healthrider.com.

Equipment manufacturers say games, programs and other diversions keep users motivated and engaged. They also allow users to multitask, says Tamules — whether it's catching up on world events via TV or listening to a radio sports cast. "You kill two birds with one stone. Days are getting busier. The more people can multitask, the more they can get things done." ■



JULIE FLETCHER/MCT

For some, going to the gym is a chore or annoyance. However, recent technologies have started to turned the time at your local gym into an entertaining experience by adding state of the art televisions, video games and iPod ports.

Pain in the brain

MYSTUDENTHEALTHZONE.COM

Almost everyone gets headaches, but a headache is not actually a pain in the brain. The brain tells you when other parts of your body hurt, but it can't feel pain itself.

Most headaches happen in the nerves, blood vessels, and muscles that cover a person's head and neck. Sometimes the muscles or blood vessels swell, tighten, or go through other changes that stimulate the surrounding nerves or put pressure on them. These nerves send a rush of pain messages to the brain, which causes a headache. So how do you know if a headache is just a passing pain or something more? And what should you do about it?

DIFFERENT KINDS OF HEADACHES

There are several different kinds of headaches including:

- Tension or "muscle-contraction" headache ñ The most common type of headache, these happen when stressed-out head or neck muscles squeeze too hard.

- Sinus headache ñ Sometimes people get headaches when they're sick.

- Migraine headaches aren't as common as tension headaches, but the pain can be strong enough to cause someone to miss their normal activities if the headaches aren't treated.

WHAT CAUSES HEADACHES?

Most headaches are related to factors like stress, too much computer time or TV watching, loud music, smoking, alcohol, caffeine, lack of sleep, etc.

Most headaches aren't a sign that something more is wrong. But if you're bothered by frequent or intense headaches, many things — from changes in diet to prescription medication — can help you battle the pain! ■

WORLD+NATION

WEDNESDAY, JANUARY 31, 2007 | PAGE A7

IN IRAQ

Attacks on civilians, Americans grows

BLOODSHED | Last Monday's bombing shows it will be difficult to quell the violence.

BY LEILA FADEL AND LAITH HAMMOUDI
MCCLATCHY NEWSPAPERS

BAGHDAD, Iraq — A license plate from a car registered to Iraq's minister of trade was found on an SUV used by the gunmen who killed five American soldiers in the city of Karbala last week, an Iraqi police official said.

Maj. Gen. Qais al Maamuri, a police commander in Hilla, said the plate had been stolen from a BMW that belongs to Abdul Falah al-Sudani, a member of the Shiite Muslim Dawa Party. He said Sudani wasn't a suspect in the attack.

The link, however, deepened the mystery surrounding the attack as the second double-car bombing in Baghdad in seven days provided additional evidence that it will be difficult to quell the violence, even with the additional U.S. troops President Bush is sending to Iraq.

The car bombing killed at least 88 people in a crowded market in central Baghdad near the fortified Green Zone, where U.S. and Iraqi officials live and work.

Police said a man left a parked car with its engine running in the Bab al-Sharqi neighborhood and told passers-by he was making a quick stop to do some shopping before he disappeared into the marketplace, where vendors sell DVDs, used clothing and fruits and vegetables.

A few minutes later the car,

which police said was packed with some 200 pounds of explosives, detonated, sending debris and body parts flying. As the crowd rushed to escape, a second car exploded, wounding and killing dozens more.

The dead and wounded — police put the number of injured at 160 — were rushed to hospitals throughout Baghdad, where once again mothers and fathers searched for their sons and daughters among the corpses that overflowed the buildings.

In a statement, Prime Minister Nouri al-Maliki vowed to bring the perpetrators to justice. He made the same promise last week after more than 70 people were killed outside Mustansiriyah University in a double bombing that resembled Monday's.

Maliki blamed the attack on "terrorists and Saddamists," a reference to the largely Sunni insurgents who've been battling with Shiite militiamen, who're accused of kidnapping dozens of Sunnis daily, killing them and dumping their bodies.

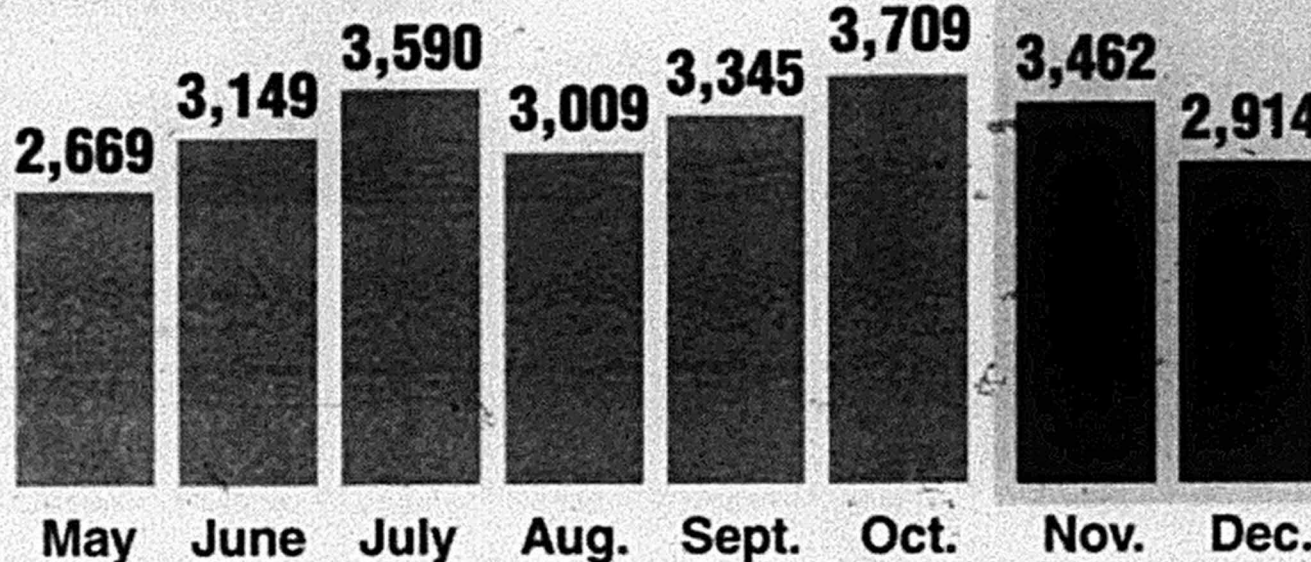
U.S. officials confirmed last Monday that five Americans were killed in the attack, but they revealed no information about how the gunmen obtained a top Iraqi official's license plate, U.S. and Iraqi army uniforms and identification cards and vehicles like the ones used to carry U.S. officials.

Most Iraqi officials live in the American-protected Green

Bloody year for Iraqi civilians

Almost 100 civilians a day were killed in 2006, most died of gunshot wounds.

Deaths by month



In all of 2006

34,452 killed; 36,685 injured

© 2007 MCT

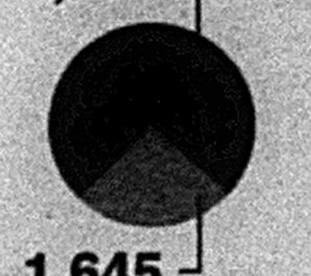
Source: U.N. Assistance Mission for Iraq
Graphic: Angela Smith, Judy Treible

Most deaths in Baghdad

Nov.-Dec. 2006

In Baghdad

4,731



Total 6,376

Women, children killed

	July-Aug.	Sept.-Oct.	Nov.-Dec.
Women	397	351	421
Children	47	110	135

Zone, where entry is strictly controlled. If the license plate were stolen from Sudani's car inside the Green Zone, that would suggest an inside job.

Violence also claimed the lives of 12 people in Diyala

province when a bomb blew up near a Shiite mosque. Gunmen in the Shiite port city of Basra assassinated a liquor ship owner.

Shiite legislators said they expected "terrorists" to set

off more bombs in an effort to undermine the latest Baghdad security plan. "I expect more explosions in crowded places," said Ali al-Adeeb, a Shiite legislator.

Average Iraqis simply

expressed dismay.

"We are a sinking people grasping at straws," said one employee at a hospital where wounded were being treated who asked not to be identified for security reasons. ■

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ATF MEETING, FROM PAGE A1

intellectual environment on campus when we treat our students like they are 11-year-olds."

Dean of Students Donna Eddleman submitted a proposal for the ATF to be considered at last Wednesday's meeting, outlining suggestions for regulating an organization's alcohol-sponsored event.

These regulations included that all events must be approved by the Dean of Students. Sufficient food and non-alcoholic beverages must also be offered, and catering and bar services would be provided by CNU Catering. Additionally, "open bars" would be prohibited, with all prices being

set by Catering. Alcohol sales must stop one hour before the conclusion of the event. Events offering alcohol must also have an appropriate security staff.

The cost for the bar, catering, and security service was estimated by the ATF to be \$350 per event. This cost would also serve as a deterrent, the ATF members said, towards limiting the amount of alcoholic events a club or organization would have per year and also preventing an over-booking of alcohol-involved events daily.

"These events wouldn't be a right they would be a privilege," said Jerry Roeder, director of residence life.

The ATF approved this set of regulations, but found difficulty in determining whether

faculty and staff should be regulated in the same way.

"We are trying to get rid of hypocrisy," said junior student representative and Residence Hall Association President Kyle Chandler. Two different policies between students and the faculty dealing with alcohol, he said, is not appropriate.

The ATF will continue this discussion today regarding equal standards for students, faculty and staff at special events serving alcohol.

The ATF has four more scheduled meetings, though it may continue on. They take place Wednesdays and Fridays at 10 a.m. in either the DSU Student Affairs Room or Monroe Room. These meetings are open to the public. ■

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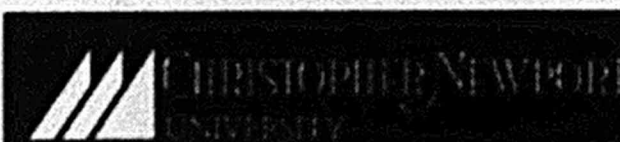
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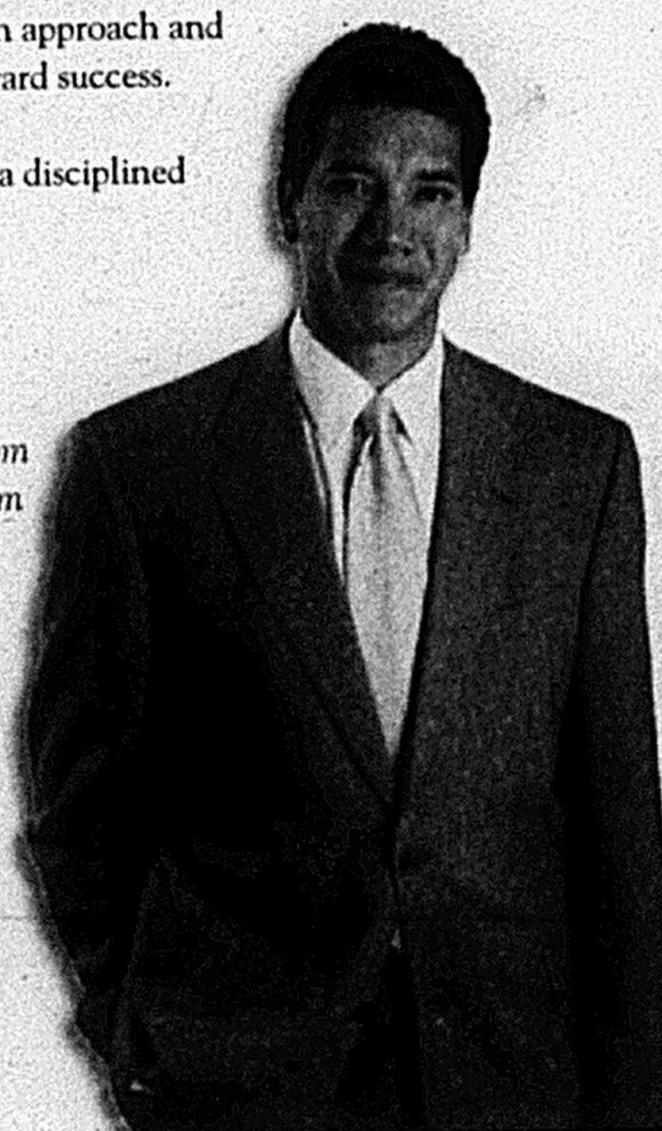
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<http://studentlife.cnu.edu/organizationresources.htm>
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SUPERBOWL PREVIEW

SPORTS, PAGE B4

A+E

ARTS AND ENTERTAINMENT | WEDNESDAY, JANUARY 31, 2007

CAMPUS

Johnny Cardinale parodies U2 and Coldplay, and jokes MySpace, guys and girls, and his huge family.



MUSIC

CNU composers showcase their works Monday during Composers Forum Recital.



ART

Peninsula Fine Arts Center hosts Mesoamerican art collection "Las Artes de Mexico" until April 1.



Hot TV sparks interest

SERIES REVIEW | "Heroes," "Ugly Betty" and "I Love New York" gain momentum for upcoming season.

BY NICK MIRABAL
NICK.MIRABAL.04@CNU.EDU

If you're not concerned with the newest terrorist threat on "24," the new-fangled survival tactics of remaining castaways on "Lost" or the likelihood that McDreamy and Meredith will reunite, you might want to check out some of the newest and most-talked-about shows popping up on primetime.

One show quickly gathering popularity is VH1's newest reality series "I Love New York." Although you wouldn't know it from the title, the show stars two-time veteran of VH1's "The Flavor of Love," Tiffany Pollard (a.k.a. New York) in a love search of her own. The basic makeup of the show resembles ABC's "The Bachelorette." Missing from that formula, however, are the heroine's sultry evening gowns and choice of millionaire, Harvard-grad hopefuls. Replace those aspects with Pollard's super-slutty outfits and a cast of gel-haired, designer-clad and egomaniacal potential lovers. The phrase "it's so bad that it's good" can be strongly applied here. As an added

bonus, Pollard's loud and opinionated mother will also be making appearances on the show. Since it debuted on Jan. 8, "I Love New York" has become VH1's most watched television show.

NBC's hit drama series "Heroes" is also back in full swing with part two of its epic first season. If you're still scratching your head, "Heroes" follows the story of everyday people who've developed extraordinary abilities. The series debuted this past fall and has since developed a devoted fan base. The show's creator, Tim Kring, has put forth a lot of effort to bring viewers a compelling storyline and some Emmy-worthy special effects. Like Fox's "24," each episode of "Heroes" plants new and suspenseful unknowns into dedicated viewers' minds. This curve ball throwing, cliffhanger technique between shows grants the story mileage and makes each and every expansion significant. This can sometimes become tedious, however, leaving some episodes to have seemingly no effect upon the overall continuity of the story.

However, the show manages to prevail by paying a significant amount of attention to character development, as well as extending and limiting special abilities through various periods. As the

People's Choice winner for Best New Drama, definitely this one.

The loudest new show is, without a doubt, ABC's "Ugly Betty." Based on the Columbian soap opera "Betty, la fea," the show follows the life of an unattractive Latin girl who is promoted to executive assistant at a fashion magazine. Not too familiar with the world of fashion, Betty's place in the publication is actually part of a plan to cure editor Daniel Meade (Eric Mabius) of his womanizing ways. Actress America Ferrera flawlessly portrays Betty's character, a girl trying to rise above the superficial world of fashion with a kind soul. Television and film audiences always enjoy these lighthearted underdog comedies because they try to put the heart back into Hollywood. The show has become one of the biggest on primetime television since its premiere in September, already garnering two Golden Globes for best new television series and best actress in a television series. Thus, viewers can be sure to expect more from this series in the future.

No TiVo? No problem. If you're worried about coming into these shows half-way, rest those fears. Since the TV-on-DVD revolution, television networks have begun archiving episodes online for viewers who missed a show or just want to savor the flavor. This might be a good idea, as "Heroes" and "I Love New York" share a 9 p.m. time slot on Mondays. "Ugly Betty" begins on Thursdays at 9 p.m. ■



Artist Tim Sale sketches "Heroes" characters for comic book "9th Wonders."

En'titled' to be performed

ORIGINAL TUNES | Composers Forum showcases music penned by students.

BY LINDSAY SIMPSON
LINDSAY.SIMPSON.04@CNU.EDU

At first glance, British literature and contemporary music composition have precious little in common. However, at Monday night's Composers Forum Recital, the two differentiating subjects combined to create one of eight musical compositions.

Music composition major and freshman David Stutts modified one of John Donne's titles to help him name his piece. "The hardest part of writing music, I have found so far, is titling it. It really is," said Stutts.

"When it was all said and done, I thought back to my favorite English classes of the past in high school and I found one of my favorite British authors, John Donne, and he wrote a poem called 'A Valediction: Forbidding Mourning' and I switched it around to 'Forbidding Morning,' as in the sun rising . . . just a sort of abstract piece kind of idea."

When listening to all of the pieces, it seemed surely as though the titling was actually simplest part of the composition process. Compositions ranged from classical-sounding piano to more contemporary brass features.

Every composition, regardless of genre, was an original work composed by CNU music composition

students. All the original pieces were also performed CNU students and faculty.

Out of the eight compositions, three were composed by freshmen. "Tragic Fantasy," a piano piece and "Woodwind Suite," were penned by freshman Zachary Hale.

Other compositions included a brass piece, "Gags, Pranks, and Flendish Giggles" by junior Matthew "Casper" Kroon, "Contrasts for Wind Quintet" by junior Cory MacDonald, "Coming Out of the Shadow" by senior Tim Delgado's, "String Quartet No. 1: Graveyard Vespers" by junior Sarah Baugher and "Sax It Up," a saxophone quartet piece by sophomore Charles Rogers.

The variety throughout the approximately 45-minute event was the most refreshing aspect of the evening.

Woodwinds, brass, strings and piano made at least one appearance each, with classical and more contemporary pieces popping up throughout the night.

Delgado's piece was the most extravagant, employing a list of instruments, including violins, a viola, a cello, a bass and a horn. Hale's first piece, "Tragic Fantasy," featured student pianist Andrew Miller on stage.

"When I first start, I just sit down and write some-

thing and see what comes up," said Hale in reference to his compositions. "And if I like it, I'll keep it, and if I don't, I just throw it away."

Although some may find the aforementioned process to be the norm, Stutts has a different approach.

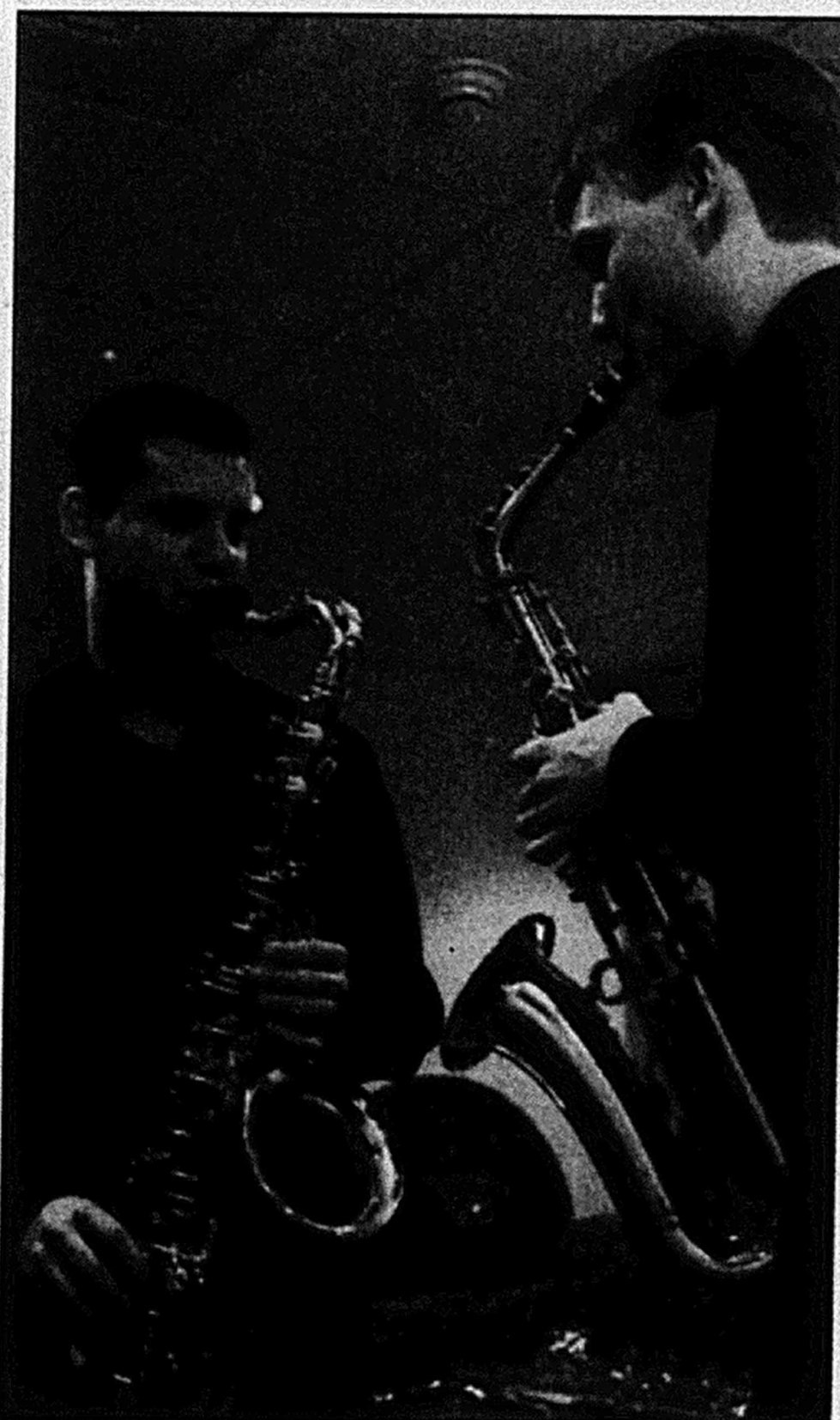
"My writing process is very abstract," Stutts said of "A Forbidding Morning." "It started with a single motif, a single melody and then it's just line by line. It started as a slow two to three minute [saxophone] piece, then it developed into sections and then it developed into a straight six and a half minute piece with no movements or anything to really stop it."

"The process was interesting trying to finish this piece . . . when it's all said and done, it's really what is good for the performers," he said.

Bassist and senior Nick Johnson, who performed Delgado's "Coming Out of the Shadows," said that the Forum was not solely a showcase for the composers, but for the instrumentalists as well.

"There are some pretty challenging parts; there's a lot of 20th-century stuff. Weird scales, modes and stuff like that," Johnson said.

"It's not necessarily pleasing to everyone's ears — the ability to play it shows how much talent you actually have." In this vein, Johnson summed up the night's Forum: "It's just to show the world what the composers in our department have." ■



LINDSAY SIMPSON/THE CAPTAIN'S LOG

Saxophonists Jason Hammers, junior, and Brian Robinson, senior, performed at Monday's Composers Forum Recital.

THE LIST

campus

February 1

Puccini's *Tosca*, 7:30 p.m., Ferguson Center for the Arts Concert Hall
Altas Benefit concert, 8 p.m., DSU Ballroom

February 2

Shout About Movies, 8 p.m., Gaines Theatre
An Evening with LeAnn Rimes, 8 p.m., Ferguson Center for the Arts Concert Hall

February 3

Captain's Ball, 8 p.m., DSU Ballroom
Represent with Recyclables, 11 a.m., Great Lawn

local

February 2

2nd Annual Ronald Reagan Symposium, 9 a.m., Regent University Main Theater
Doug Clarke Art Exhibition, 7 p.m., Relative Theory Records
J.M.W. Turner's "The Junction of the Thames and Medway" art exhibition, Chrysler Museum of Art, Norfolk

"Agrrippina," 8 p.m., Harrison Opera House, Norfolk

Norfolk Admirals vs. Wilkes Barre/Scranton Penguins, 7:15 p.m., Norfolk Scope Arena, Norfolk

February 3

Special Olympics Virginia 15th Annual Polar Plunge Winter Festival, 10 a.m., Virginia Beach Ocean Front
Norfolk Admirals vs. Philadelphia Phantoms, 7:35 p.m., Norfolk Scope Arena, Norfolk

February 4

"Agrrippina," 2:30 p.m., Harrison Opera House, Norfolk

concerts

February 1

Beres Hammond, 8 p.m., The NorVa

February 2

Sisters in the Spirit, 7 p.m., Hampton Coliseum
Keller Williams, 9 p.m., The NorVa
Manchester Orchestra, 8 p.m., Relative Theory Records

February 3

FJORD, 8 p.m., Relative Theory Records
Red Jumpsuit Apparatus, 9 p.m., The NorVa

movie releases

January 31

"An Unreasonable Man" This is a feature on Ralph Nader's career as a presidential wannabe

February 2

"The Messengers" After the Solomon family moves to a sunflower farm in North Dakota, the family's two children start to see apparitions and appear to be attacked by some other force. The children are on a mission to try to warn their unknowing family before time runs out. "The Messengers" is rated PG-13
"Because I Said So" Daphne Wilder (Diane Keaton) is a mother of three daughters who tries to help her daughters by getting into the middle of their lives. Willy (Mandy Moore) is unknowing subject to her mother's meddling when her mother places an internet personal ad up for her to try to find her the perfect man. The bonds between a mother and daughter are put to the limits in the dating fiasco. "Because I Said So" is rated PG-13

cd releases

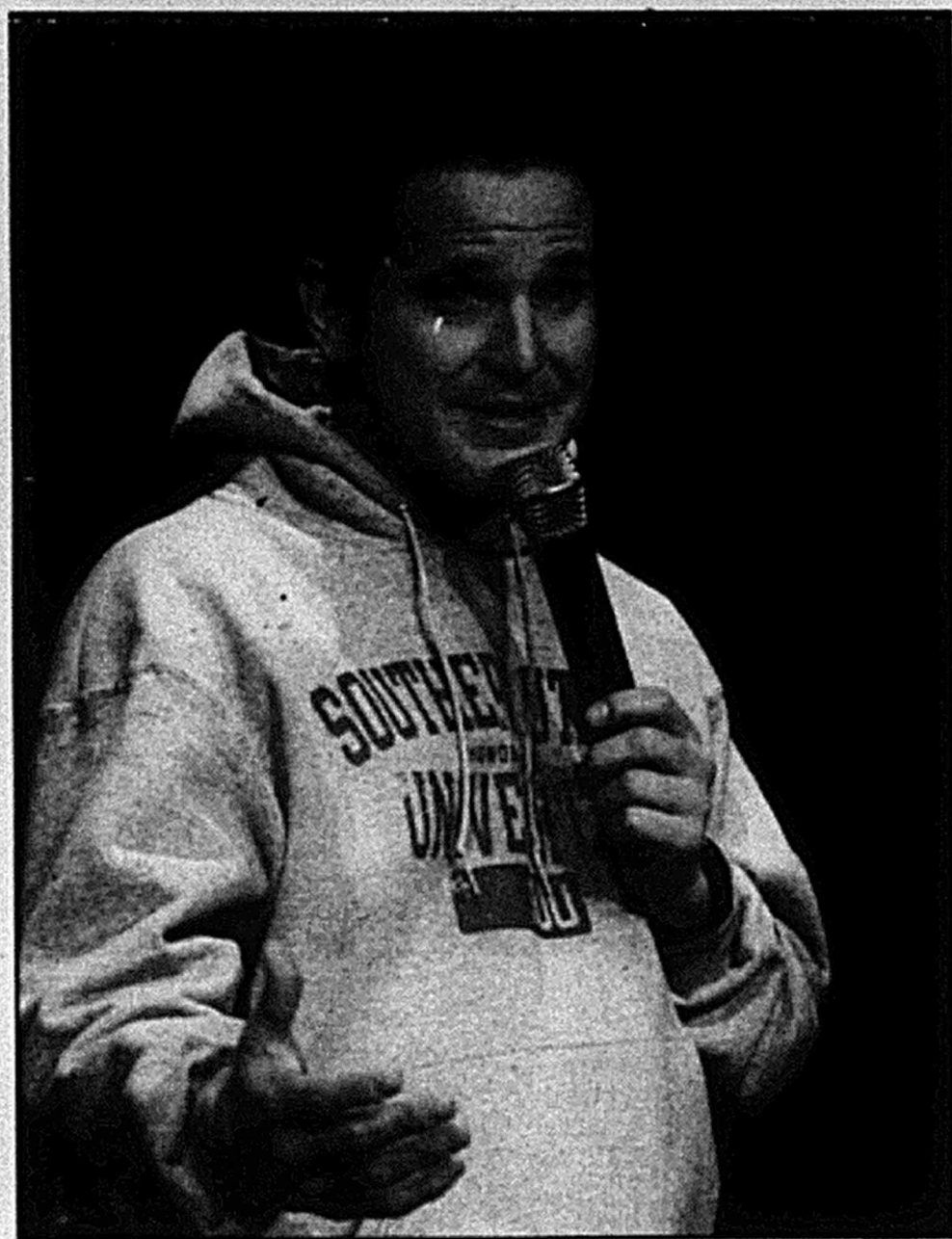
February 6

"Infinity on High," Fall Out Boy
"Headstrong," Ashley Tisdale
"Berth," The Used
"Yes, I'm a Witch," Yoko Ono
"Live Streisand," Barbra Streisand

dvd releases

February 6

"Flags of Our Fathers"
"Flicka"
"The Grudge 2"
"Hollywoodland"
"Running With Scissors"
"Trust the Man"



HEIDI PANKRATZ/THE CAPTAIN'S LOG

Comedian Johnny Cardinale blends stand-up and musical parody.

CAB: Cardinale rules

CAB COMEDIAN | From the Comedy Store to touring with Pauly Shore, comedian brings stand-up and musical parody duo.

BY AMBER WHITNEY
AMBER.WHITNEY.06@CNU.EDU

Humor and singing combine in a unique performance by the most recent comedian brought to campus as part of Ferguson Funnies, a comedy series sponsored by the Campus Activities Board (CAB). Last Friday, Johnny Cardinale, just returning from entertaining troops in Japan and Korea, performed to a warm reception from the smaller-than-normal student audience gathered in the Studio Theatre. "The audience was not as large as normal," said Patrick McBride, CAB's Comedy Committee Chair. "We believe it was due to the fact that sorority recruitment and Greek

rush was going on that same weekend." But the audience still seemed to enjoy the eclectic show.

Cardinale incorporated many different topics into his act, including his huge, untraditional family, the difference between guys and girls, Myspace, and even cats and dogs.

He also astounded the audience with unmistakable impressions of musicians such as U2, The Beatles, Backstreet Boys, and Coldplay. "The comic committee was searching for inventive acts that were different from other comedic acts," said McBride.

"Our hope with Johnny Cardinale was that his combo of music and comedy

would be something new and fun for the campus."

This class clown from Cleveland, Ohio has come a long way since his days in high school.

"I was an accounting major [in college] and was watching TV one time. I saw a comedian, and I thought I could do that. So I literally picked up my bags, dropped out of school and moved to Hollywood," said Cardinale.

Cardinale also moved to Hollywood to do some singing and, in doing so, he discovered he could mimic other singers' voices and do parodies of their songs for his comedy act.

"The audience really enjoyed his mix of popular music into his comedic acts," said McBride.

"They found his unique perspective on today's music to be funny."

It was this sound led to Cardinale's big break.

"I was doing both stand

up and singing at coffee shops, until I got picked up at the Comedy Store," said Cardinale.

The Comedy Store held more for Cardinale than just a small-time stand-up act; Pauly Shore invited Cardinale to join his tour after hearing Cardinale perform.

"It was awesome because he hand-picked me out. His crowd is a party crowd, and my act is pretty up-beat [so it worked well together]," said Cardinale.

The next stops for Cardinale are more colleges, Bahrain, and Africa.

"My goal, unlike most comedians, is to do late night talk show kind of stuff," said Cardinale.

"But I will always like stand-up for its live feel and [audience] interaction."

CAB's Ferguson Funnies series returns to the Studio Theatre, 9 p.m. on Friday, March 17 with comedians Tim Young & Gerry Dee. ■

'Aces' up in smoke

Overdone "Smokin' Aces" fails to "make it make sense."

BY TOM MAURSTAD
MCLATCHY NEWSPAPERS

Cool is tricky, for a lot of reasons, most of which have to do with how contradictory cool can be. Cool can be calculated, for instance. In fact, it almost always is.

But it can never seem calculated, because the second it does — poof, an "un" drops in front of the "cool."

One of the contradictory rules of cool in movies is that the harder a movie tries to be cool, the less it is. Which brings us to "Smokin' Aces," a movie that tries very hard to be cool. Very, very hard, to a point that's so over-the-top, it smacks of that most dreaded word in the lexicon of cool — desperation.

And desperate is one thing that cool absolutely never, ever is. That's the kryptonite of cool.

So, in a way, it's a measure of writer and director Joe Carnahan's achievement that there are scenes, exchanges, moments and images in the movie that still manage to be really cool.

This is the latest entry in that post-Tarantino genre of filmmaking, the gangster film that intersperses cartoonishly gory violence and rat-a-tat dialogue.

There's the "Hollywood-Squares"-styled roster of big names — Ben Affleck, Ray Liotta, Andy Garcia, Ryan Reynolds — and a twisty-turny plot that involves betrayals and counter-betrayals, double-crosses and triple-crosses.

But instead of smoothly clicking along like a pop-culture funhouse roller-coaster ride, you end up feeling like you need a scorecard to keep track of who's who and a

blackboard to diagram the action. That is, if you try to pay attention and follow along and make sense.

Those all prove to be quaint modes of movie-watching that have no place and nothing to do with this kind of new-jack experience.

This movie is meant to be watched the way a video game is played: just go from scene to scene and start blasting the minute you walk through the door.

Hot from his role as super-agent Ari Gold on "Entourage," Jeremy Piven is the center of this movie as Buddy "Aces" Israel, a Vegas magician turned mobster that for reasons the movie spends its first 15 minutes explaining has a contract put out on him by a dying mob boss.

The boss offers a million dollars to anyone who kills Buddy and brings him his heart.

The offer has "every hit man in the free world" heading to Lake Tahoe, where Buddy is holed up in a hotel's penthouse waiting for a deal with the government to be worked out so he can turn snitch and go into hiding.

Subplots are stacked upon subplots as we are introduced to rival assassins, each with his or her own colorful backstory.

Most entertaining are Georgia and Sharice (Alicia Keys and Taraji P. Henson), two beautiful, tough-talking killers who have this whole sister-lover thing going on and speak in torrents of radical-feminist sound bites.

Most improbable are the Tremor Brothers, a trio of meth-fueled neo-nazi punks who throw everyone they meet into a meat grinder — though they inspire one of the film's best lines when another hit man quips "they read 'Mein Kampf' like Mother Goose."

There's also the super-bad guy who chewed his own fingertips off to prevent

ever leaving prints and the master-of-disguise killer and this mysterious figure known only as Keyser Soze, I mean, "the Swede."

Then you have all the various federal agents with their special skills and deeply felt antagonisms or attachments.

And, believe it or not, amid all this keystone-cops-in-a-blender mayhem, that's what "Smokin' Aces" wants you to think this is all about — deep, resonant, human emotions.

Hey, the heart everybody wants to dig out of the chest of Buddy is a symbol, man.

When the movie isn't acting like a shoot-'em-up video game, it's aping anime, showering the viewer with hyperkinetic images and outrageous action while anchoring (or in this case, trying to) all the fantastical spectacle in some real universal feelings.

Tarantino did the same in "Kill Bill" with all that splatter rooted in a mother's love for her lost little girl. And Carnahan tries to do it here with, um, Reynold's FBI agent's love and admiration for his boss agent, Liotta.

At least I think so, but I can't be sure since the final tragic scene of this high-tech opera, in which Andy Garcia explains everything to Ryan Reynolds, makes no sense.

The tricky thing about being tricky is that all of the intersecting complexities have to climax in a really simple explanation.

Think of that oh-my-god scene in "The Usual Suspects" in which you figure it out while watching Chazz Palminteri's character figure it out just as, out on the sidewalk, Kevin Spacey's supposedly bad foot snaps into place.

It all clicks into place with barely a word spoken. But here, it seems like people never stop explaining.

"Make it make sense," pleads Reynolds to Garcia in the final scene. But he can't. And by then, you won't care. ■

'Some Loud Thunder' shows 'Clap Your Hands' merit slowly

Sophomore album maintains band's "oddball" sound.

BY MARK NEWTON
MARK.NEWTON.06@CNU.EDU

I'm excited. Clap Your Hands Say Yeah's (CYHSY) second album, "Some Loud Thunder," just came out and was available to those who preordered it half a month in advance. I am one of those people. I start listening, and I think my speakers just broke. Somehow, the Brooklyn five-piece one-upped their circus-freak accident "Clap Your Hands!" by messing with the sound quality of nearly every instrument in "Some Loud Thunder" (the song). It's catchy, which actually sums up CYHSY on the whole. The band has taken their oddball indie sound to the next level.

Along with producer Dave Fridmann (longtime

producer of The Flaming Lips), the band has moved towards a darker and more atmospheric sound, which has produced some of their best songs to date, including the mesmerizing "Mama, Won't You Keep Those Castles in the Air & Burning?" and the "Satan Said Dance." The more pop-oriented songs, like the lead single, "Love Song No. 7" are on par with the last album, but most anything by the band can probably never crack the mainstream charts because of Alec Ounsworth's warbling, almost whiny voice. Yet in most songs, he fits seamlessly into the music.

There are a few missteps along the way, like the rampant interference into the sound, like on "Some Loud Thunder" and "Arm & Hammer," the latter of which I can't seem to figure out why they even put on the album; it sounds like a rough demo that can't even be compared to the short instrumentals

on the first disc and "Upon Encountering the Crippled Elephant." "Five Easy Pieces," echoes the vocals a bit too much, which makes the song boring and drawn-out, rather than the good-bye anthem that it was intended to be. At six minutes and 47 seconds, it's a super long-and-drawn-out song.

Beyond those issues, however, there's a solid album here, even as CYHSY seems desperate to maintain the "Hardest Band to Like" title. To help ease new listeners into their music, the band has two songs from the album that can be downloaded for free. Find "Love Song No. 7" and "Underwater (You and Me)" on their Web site, <http://www.clapyourhandssayyeah.com>. And these are easily the most accessible tracks from the album. Give them a listen and — with time — the band's merit will come out, and even more so with this sophomore effort. ■

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SPORTS

WEDNESDAY, JANUARY 31, 2007 | PAGE B3

SPORTS SCORES

men's basketball

(4-2, 12-7)

January 23 Finals:
CNU 79, Averett 75
January 27 Finals:
Methodist 86, CNU 85 (OT)
January 28 Finals:
CNU 67, Greensboro 65

Rankings

1	Greensboro	4-2	14-5
2	CNU	4-2	12-7
3	Averett	3-3	12-6
4	Ferrum	3-3	9-10
5	Methodist	3-3	8-10
6	N.C. Wesleyan	3-3	8-10
7	Shenandoah	2-5	7-11

Upcoming games:

1/31 CNU vs. Shenandoah
2/6 CNU at N.C. Wesleyan

women's basketball

(5-2, 11-7)

January 23 Finals:
CNU 84, Averett 56
January 27 Finals:
CNU 86, Methodist 84 (2 OT)
January 28 Finals:
Greensboro 82, CNU 69

Rankings

1	Ferrum	6-1	13-5
2	Greensboro	6-1	12-5
3	CNU	5-2	11-7
4	Shenandoah	4-3	11-6
5	Methodist	4-3	10-7
6	Averett	2-5	3-12
7	N.C. Wesleyan	1-6	4-12
8	Peace	0-7	6-11

Upcoming games:

1/31 CNU vs. Shenandoah
2/3 CNU vs. Peace
2/6 CNU at N.C. Wesleyan

ice hockey

(4-6, 6-7)

January 26 Finals:
Clemson 5, CNU 2
January 27 Finals:
Appalachian State 5, CNU 4

BRHC Rankings

1	Richmond	9-2-1
2	VCU	5-5-0
3	ODU	4-6-1
4	CNU	4-6-0
5	William & Mary	2-6-0

Upcoming Games:

2/2 CNU vs. ODU
2/3 CNU vs. William & Mary

baseball

(0-0, 0-0)

Rankings

1	N.C. Wesleyan	0-0	0-0
2	Ferrum	0-0	0-0
3	Greensboro	0-0	0-0
4	Methodist	0-0	0-0
5	CNU	0-0	0-0
6	Shenandoah	0-0	0-0
7	Averett	0-0	0-0

Upcoming games:

2/3 CNU vs. Guilford

Captains win two of three

Senior Korey Lewis scored career high 27 points in loss.

BY JASON COMO
JASON.COMO.04@CNU.EDU

Men's Basketball

In a tightly contested game, Christopher Newport defeated Averett 79-75 last Tuesday behind the strength of a 7-1 run to close the game. The comeback was impressive considering the Cougars jumped out to a 21-5 lead to start the game.

Senior Donta Selden scored a game-high 22 points, freshman Theo Baker had 17 points, senior Korey Lewis had 12 points and 9 rebounds, sophomore Mark had 11 points, 11 rebounds, and 7 blocks and sophomore Davon Barton finished with 10 points and 10 assists.

Against Methodist on Saturday, Christopher Newport lost 86-85 in overtime. The Captains held the lead in overtime until the Monarchs scored with nine seconds left.

Lewis led the team with a career-high 27 points, Barton had 15 points and 8 assists, Baker had 15 points and Selden finished with 13 points and 7 assists.

In yet another close game, the Captains this time prevailed 67-65 at Greensboro on Sunday.

Barton led the team with 16 points and 8 assists, Lewis had 13 points and 10 rebounds, and Blasingame and senior Ed Riley each finished with 12 points and 8 rebounds.

The Captains are now 12-7 (4-2 USA South) and are tied with the Pride for the conference lead. They return to action at home against Shenandoah on Wednesday with tip off set for 7:30 p.m.

Women's Basketball

Christopher Newport defeated Averett 84-56 last Tuesday for their 4th consecutive win.

The Lady Captains put the game out of reach with a 21-7 run near the end of the first half.

Junior Alicia Bessey led the team in scoring with 17 points. She also had 9 rebounds. Senior Candace Bryant finished with 16 points and 9 rebounds, junior Colandra Rollins had 14 points and 7 rebounds and senior Samantha Davis scored 13 points.

The win marked the 28th straight season the team has tallied at least 10 games.

In a double overtime contest at Methodist, Christopher Newport pulled out an 86-84 victory on Saturday.

Bessey again led the Lady Captains, this time with 23 points. Davis had 18 points and senior Nikki Rowland

had 16 points. Bryant had 15 points and 14 rebounds.

The Lady Captains' streak of five consecutive wins came to an end at the hands of the Greensboro Pride on Sunday, 82-69.

The game was tied 32-32 at halftime, but Christopher Newport went cold from the floor (35 percent) in the second half.

Bryant led the team in scoring with 24 points and 13 rebounds, Rowland had 12 points and 7 rebounds and Bessey finished with 12 point and 6 rebounds.

The Lady Captains are now 11-7 (5-2 USA South) and next face Shenandoah (4-3 USA South) at home on Wednesday night with tip off set for 5:30 p.m.

Ice Hockey

After an eight-hour trip to Greenville, South Carolina, and with only nine available players, the Captains were defeated by the Clemson Tigers 5-2 on Friday night.

Junior Mark Wilkinson scored the game's first goal but Clemson answered with two in a row.

Then senior captain Colin McCarthy tied the game at 2-2, a score that stood until Clemson added three goals in the final period for the victory.

On Saturday night the Captains dropped a close game to the Appalachian State Mountaineers 5-4.

Wilkinson scored all four goals but it wasn't enough as the undermanned Captains dropped to 1-2 since winter break.

The Captains are now 6-7 overall (4-6 BRHC), but this weekend offers a chance to turn things around as they take on division foes Old Dominion on Friday and William and Mary on Saturday. Friday's game starts at 11:00 p.m. and Saturday's starts at 6 p.m.

Baseball

In the USA South pre-season poll, Christopher Newport was picked to finish 5th.

The Captains are coming off a 19-20 (9-9) season.

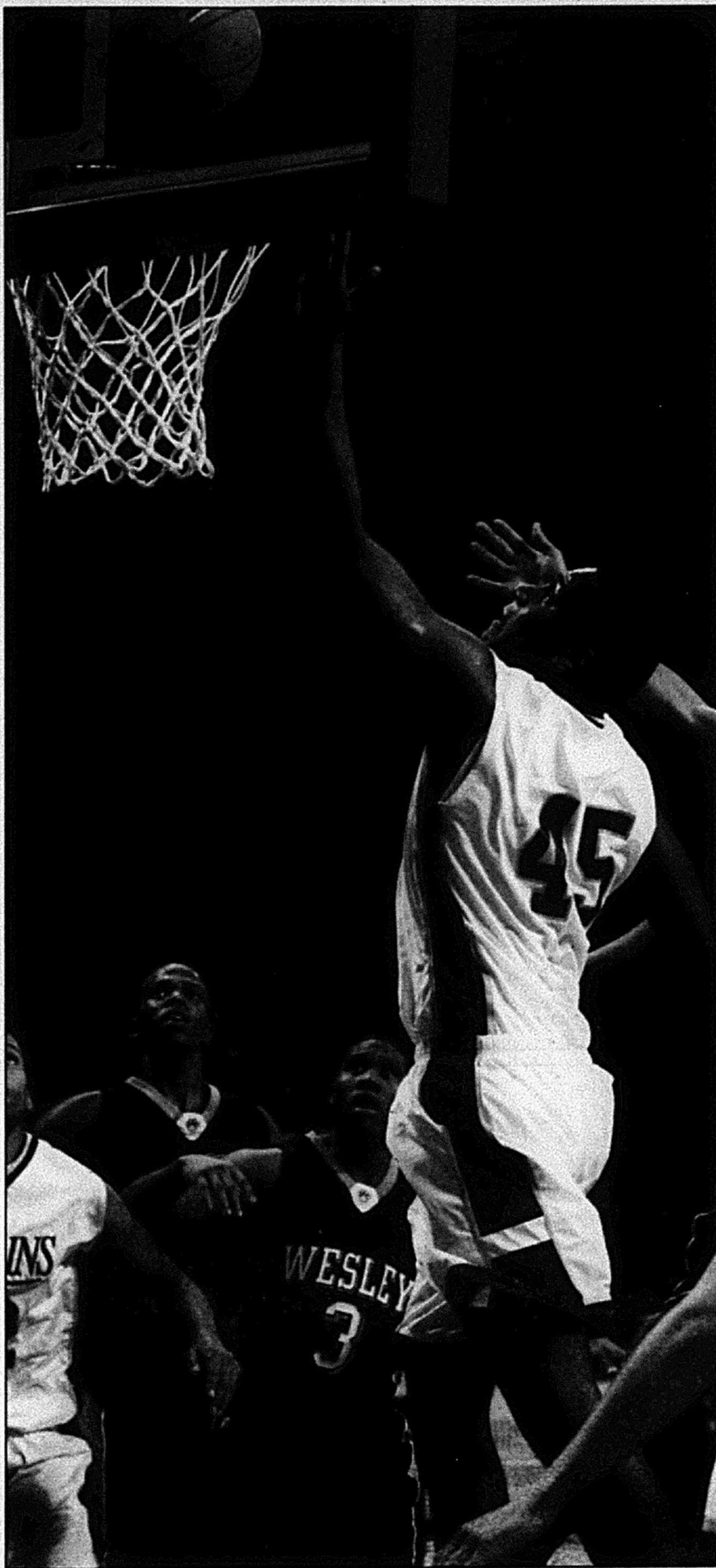
Their first game is at home this Saturday at 2 p.m. when they host Guilford. ■

27

career high points for senior Korey Lewis

28

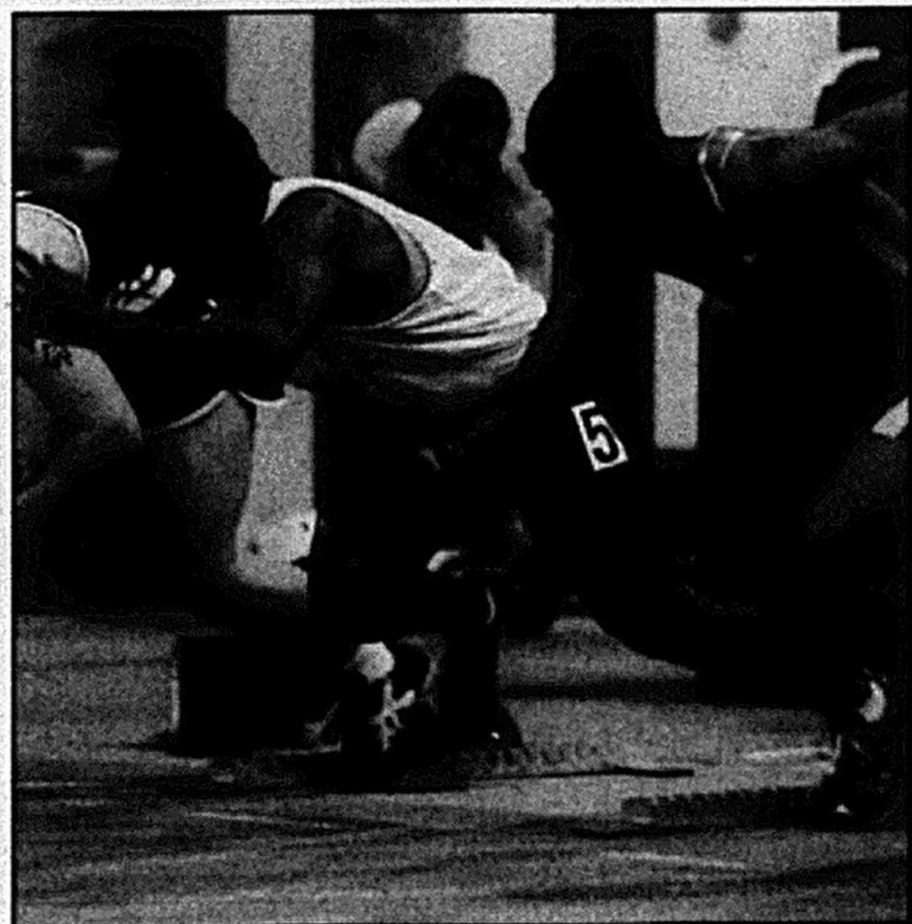
number of seasons for Women's Basketball with at least 10 wins



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Korey Lewis goes up for a dunk over conference rival N.C. Wesleyan in a home game earlier this season. Lewis scored 27 points in the Captains only loss over the past week to Methodist. The team fell 86-85 in overtime against the 5th place Monarchs.

Captains Invitational successful



JESSE HUTCHESON/THE CAPTAIN'S LOG

Senior Roland Hilliard jumps off the line in the 55 meter dash in the Captain's Invitational. He took 1st in the event.

TRACK & FIELD | The Captains and Lady Captains returned to the Freeman Center this past weekend for the CNU Captains Invitational.

BY JASON COMO
JASON.COMO.04@CNU.EDU

In the third event of their budding season, the track and field team fared well in the CNU Captains Invitational.

The meet was held over the weekend on Friday and Saturday, and featured participants from Hampton University, University of Mary Washington, and the University of North Carolina Wilmington.

Virginia Commonwealth University, Virginia Union University, Virginia Wesleyan College, and the College of William & Mary were also in attendance. In addition, there were also several independent entrants. The Captains' relay teams had solid performances, with the women's team placing 4th in the 4x200

meters, and the men's team placing 2nd in the 4x200, 4x400, and distance medley events. Coach Tyler Wingard was quick to point out several runners who stood out to him.

They included senior Tiffany Jones, junior Matt Griffis, sophomore Nate Huffman and freshman Charles Washington. Jones participated in the 55-meter dash and 55-meter hurdles, in which she placed respectively 2nd and 1st, with times of 7.71 seconds and 3.58 seconds. She also participated in the long jump and the triple jump where she placed 2nd and 3rd.

Griffis placed 3rd in the 600 meter run with a time of 1:23.29.

Huffman placed 7th in the 3,000 meter run and 1st in the 5,000 meter run.

He ran with times of 9:03.54

and 16:13.52, respectively.

Washington finished 5th in the 55 meter dash and 2nd in the 400 meter dash with times of 6.88 and 50.61 each. He also placed 12th in the long jump. Another standout was freshman Ryan Gordon, who placed 1st in the shot put with a distance of 14.85 meters and 2nd in the distance throw with 11.78 meters. Gordon is currently closing in on several Christopher Newport individual records, and he currently sits in 3rd place all time.

"[Getting my name in the record books] feels good, being that I'm a freshman. I don't know how long those records have been around but it feels good," he said.

As part of the much smaller throwing group, these team members are physically separated from the rest of the squad. They are able to maintain their own identity within the larger scope of the track and field team.

"As a throwing group, we're a team. We're kind of new to the event so in the beginning there was a lot of bonding and just learning," Gordon said.

That learning includes more complicated throwing techniques.

"We build from week to week. In the beginning of the season we threw from a standing position, then we progressed to two turns and hopefully by the end of the season we'll be at a three turn throw," Gordon said.

The rest of the team is also hoping to build on their successes from this past weekend and improve in the events in which they did not place.

The throwing team was not the only one to experience success, senior Roland Hilliard led the team with a 1st place win in the 55 meter dash, capping a successful event.

The Captains have a week off before they host the Vince Brown Invitational on Saturday, Feb. 10. ■

End of season awards

It's time to look back at the '06-'07 NFL Season.

BY BILLY FELLIN
WILLIAM.FELLIN.06@CNU.EDU

Although all the awards and accolades have already been handed out except for Super Bowl MVP, I figured that I'd hand out awards of my own.

MVP: Ladinian Tomlinson, RB San Diego Chargers—No question here. He ran all over everyone this season.

The NFL needs more players with the passion, care, and drive he has.

Rookie of the Year: Reggie Bush, RB New Orleans Saints—I think that Bush deserves to get the ROY over Vince Young.

While Young did do a good job, almost leading the Titans to a playoff birth, Bush contributed to so much more than just eight games of play.

He did everything: he returned kicks and was a threat out of the backfield to both run and catch the ball.

He amassed over 1,000 yards in combined receiving and rushing, with 11 combined touchdowns.

He had that incredible 65-yard punt return for a touchdown that ultimately beat the Buccaneers.

He also played a huge role when he landed in the Saints lap during the draft, helping bring that city off its knees.

Cinderella Story 2006: New Orleans Saints—New Orleans entered the season coming off a 3-13 year and became the first team in history to rebound from that and make it to the Superbowl. They also did that while carrying the hopes of those who suffered the disaster of Hurricane Katrina with them.

If that doesn't qualify as a Cinderella Story, I don't know what does.

"[Devin Hester's field goal run back] put the nail in the coffin against the Giants and elevated the Bears to tops in the NFC, a title they would later make cement when they won the NFC Championship."

They proved everyone wrong. Proof that "Any Given Sunday" is a solid rule in football.

The "Who?" factor: Laurence Maroney, RB New England Patriots—This is for someone who came into the season under the radar but ripped everyone up during the regular season.

I'm sure there are other players who fit this category well, but I thought Maroney deserved this.

He was a nobody pick out of the University of Minnesota and the Patriots took him with the 21st pick in last year's draft.

He tallied over 1,000 yards combined receiving and rushing yards and contributed 7 combined touchdowns.

Not stellar stats, but a viable threat, like Bush, out of the backfield.

Most Memorable Play: Well, the one that will be remembered for a long time will be the Tony Romo botched snap in the Wild Card playoffs against the Seahawks.

As much as it pains me, however, I will go with Devin Hester's runback of 108 yards against the Giants after a short Jay Feely field goal.

That put the nail in the coffin against the Giants and elevated the Bears to tops in the NFC, a title they would later make cement when they won the NFC Championship.

And just to make it official: **Highest Paid Distraction: Terrell Owens, WR Dallas Cowboys.**

Owens proved with his drops this year that he wasn't worth the hassle.

It's been a great year of NFL football and I'm sure this article could have been a lot longer.

However, I kept it brief in the interest of time and the fact that I ran out of awards to hand out.

I hope you've enjoyed watching the season as much as I have. Be on the lookout for my play-by-play (sort of) commentary and analysis of Super Bowl XLI. ■



JIM PRISCHING/MCT

Chicago Bears head coach Lovie Smith leads the team off the plane as they arrive at Miami International Airport in Miami, Florida, Sunday, January 28, 2007.

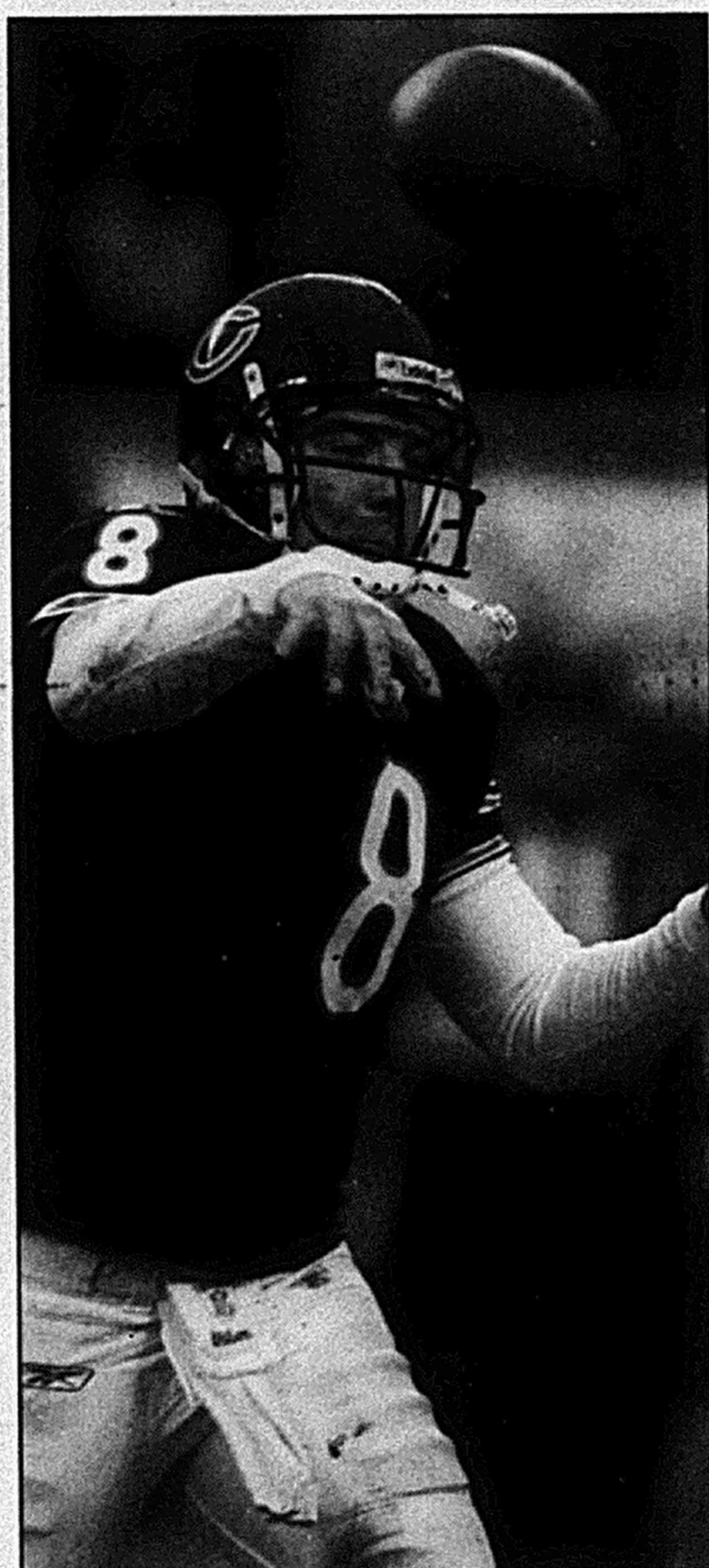
Superbowl XLI: The breakdown

FIRST DOWN | For the first time in NFL history two African American head coaches face off in the Superbowl.

SECOND DOWN | While Colts QB Peyton Manning remains with something left to prove in the postseason, Bears QB Rex Grossman has something left to prove period.

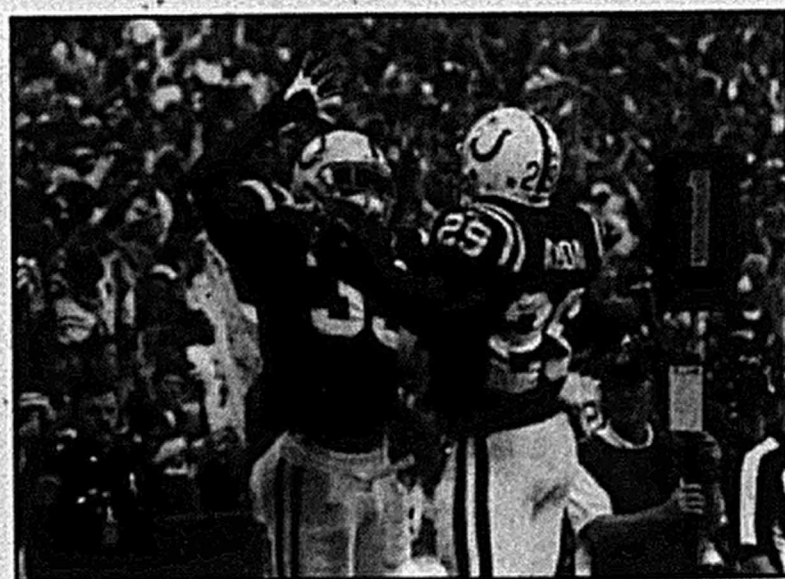
THIRD DOWN | The Bears offense is built off its running game with Cedric Benson and Thomas Jones. But the Colts two-headed backfield with Joseph Addai and Dominic Rhodes is not one to overlook.

FORTH DOWN | The most entertaining matchup will probably come from the defensive side of the ball. The previously maligned Colts D' is on a hot streak, and the Bears D' is hot and stuck on IR.

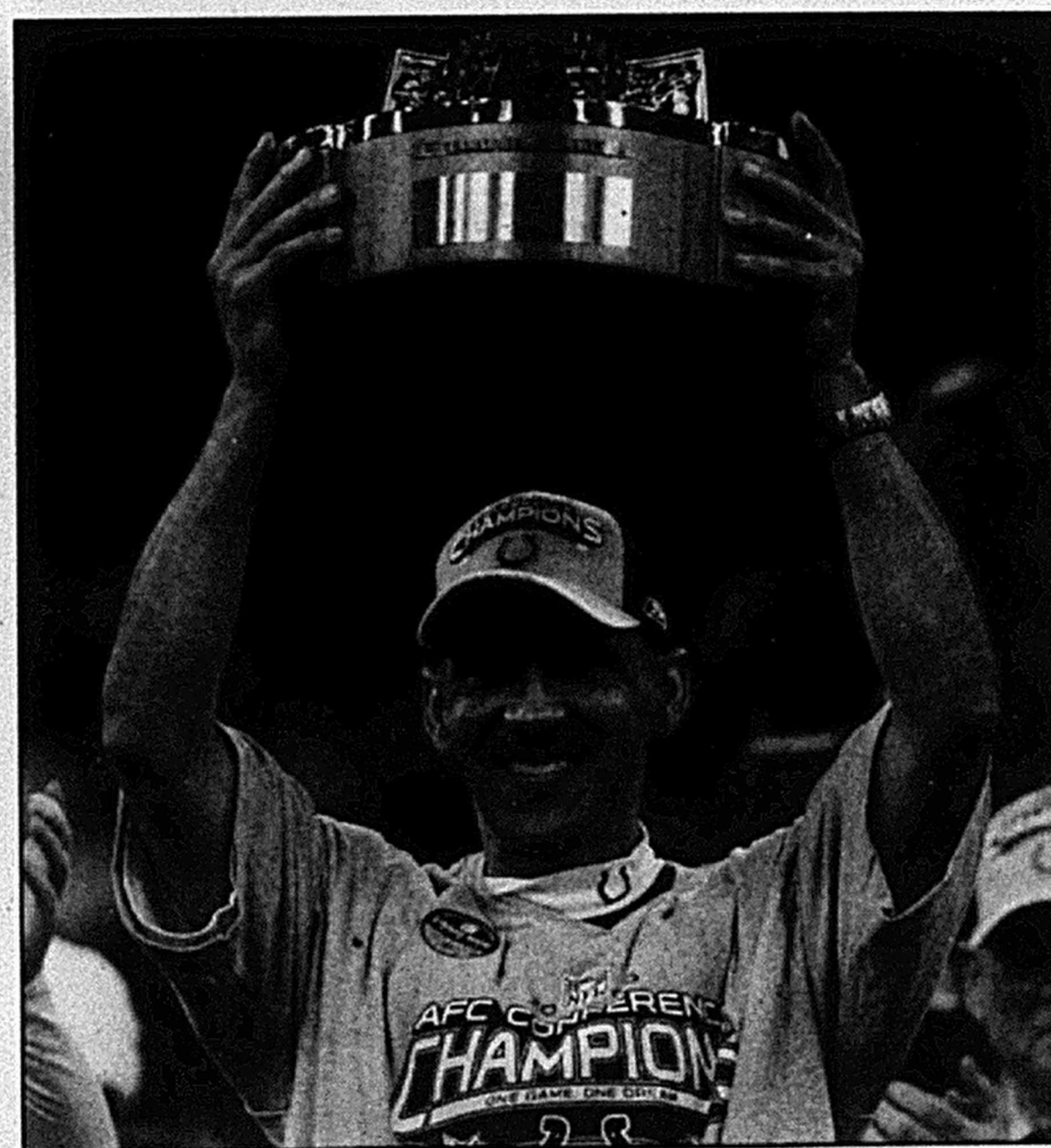


JOHN SMERCIAK/MCT

Chicago Bears quarterback Rex Grossman passes during the NFC Championship game in Chicago, Illinois.



MARK CORNELISON/MCT



MARK CORNELISON/MCT

(Top) Indianapolis Colts head coach Tony Dungy raises the AFC Championship trophy. (Right) Joseph Addai and Dominic Rhodes bump chests after a TD.

Numbers to know...

31

Total number of Colts QB Peyton Manning's TD passes in 2006. He only had 9 interceptions to compliment his touchdown statistic.

20

Total number of interceptions thrown by Bears QB Rex Grossman. Although he threw 23 TD passes, there are some questions about his decision making.

1366

Total number of yards accumulated by wideout Colts Marvin Harrison during the 2006 season. He also caught 12 touchdown passes this year.

294.1

The average amount of yards the Bears defense has allowed this year. The Bears ranked 5th in the NFL in yards allowed.

379.4

The average amount of yards the Colts offense earned each game in the 2006 season. They ranked 3rd in the NFL in offense.

NBA All-Star got it wrong again

TODAY, IN SPORTS | Star power counts more and more in today's NBA, and nowhere is this more visible than at the All-Star game.

BY JASON COMO
JASON.COMO.04@CNU.EDU

Kobe vs. Shaq, LeBron vs. D-Wade, Ron Artest vs. himself, AI vs. anybody. The NBA is a league of superstars showing down against each other. That's how it's marketed, and really that's why we watch.

In the NBA, more so than in any other team sport, we have favorite players and favorite rivalries more than we have favorite teams.

This is beneficial to the league in the sense that it increases our interest in games not concerning our teams, but the superstar

obsession also has its drawbacks.

The biggest one comes every February.

Because of the superstar obsession, the players who are elected by the fans to play in the All-Star Game are the ones with the sexiest names. Sometimes the fans get it right, but just as often, they get it wrong.

Of course, it all depends on which message they are trying to send.

Is the point of the All-Star Game to garner as much media attention and, therefore, as much money as possible? Or, is it to reward the

players who have had the best seasons?

It's not the latter, or else there would be an All-Star Game in May to honor those who played exceptionally in the season's second half. The fact that the All-Star Game only takes into account a player's first half stats tells all; the NBA is still suffering from the Michael Jordan effect.

Michael Jordan was the best player any of us have ever seen. We will never see a player with his talent ever again, and his impact cannot begin to be measured — unless we look at the All-Star Game.

Since Jordan's retirement, the NBA is fixated on naming an heir to His Airness' throne. When AI crossed up Jordan, it was AI who was next in line. Then came Kobe Bryant.

Vince Carter, Tracy McGrady, LeBron James, Carmelo Anthony and Dwyane Wade. And they're in that order, for the most part.

Then there are the big men. Shaquille O'Neal, Tim Duncan, Kevin Garnett, Dirk Nowitzki, Yao Ming, Amare Stoudemire, and Andrew Bogut.

Well, the last one doesn't really count.

The point is, these players are great. And they are consistently great. So when it is time for us, the fans, to choose who will represent each conference in the All-Star Game, how can we leave out any of these players based on their appeal and their body of work?

It's like when Eric Crouch won the Heisman in 2001. Was it because he was the best that year? Maybe. Or was it because of the three years before when he had put up consistently great numbers? It seems like that's more likely.

Imagine an All-Star Game without Shaq. We literally can't imagine because the last time it happened most of us weren't even 10 years old.

How can we honestly say that Shaq has played better so far than Dwight Howard, Jermaine O'Neal, and Emeka Okafor? We can't, but because of Shaq's body of work, we will be seeing him in Vegas unless his knees act up again, which is always a possibility.

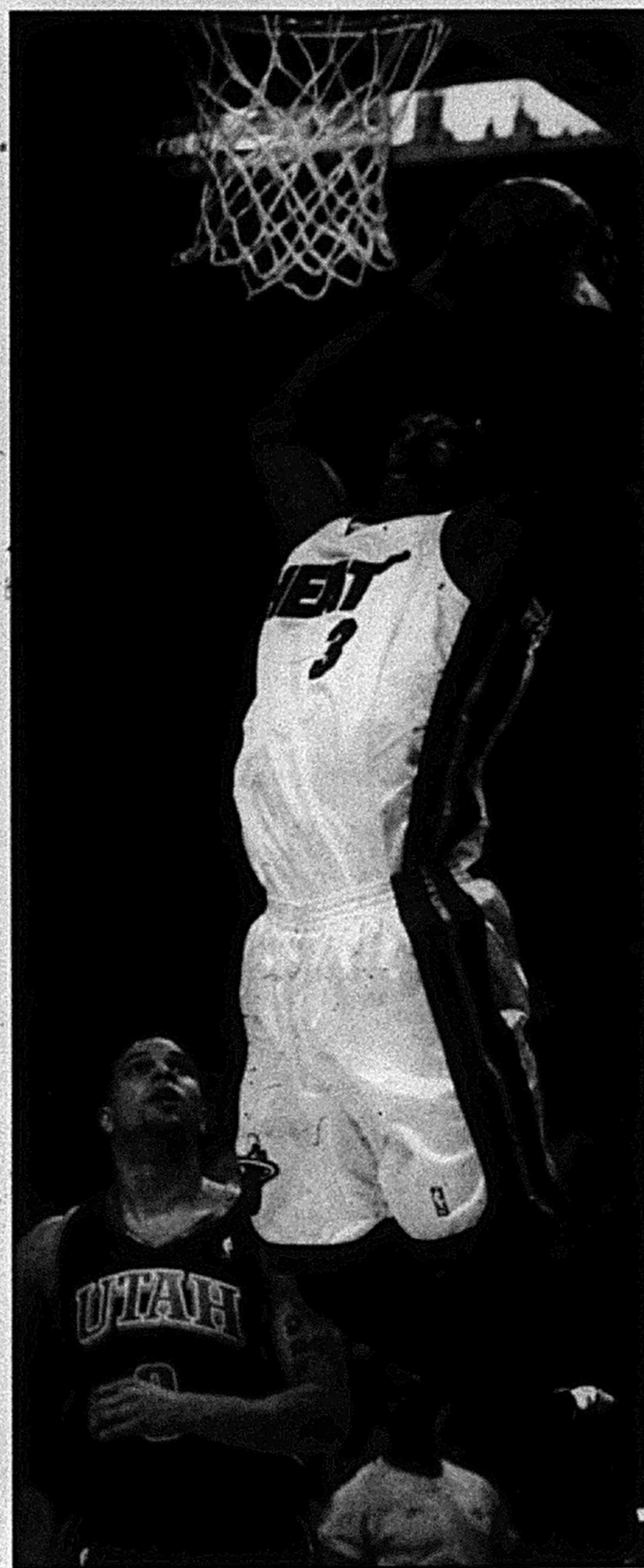
In the West, how is Steve Nash not starting over Tracy McGrady, and how is Dirk Nowitzki not starting, period?

There is not enough room to even begin to list the players who will undoubtedly be snubbed (sorry Luol Deng and Deron Williams), so just remember one thing: The All-Star Game is all too perfectly named.

It is a game for the best, most consistent and most marketable names in the NBA to get together and goof off for 48 minutes.

It is in no way a fair representation of who has had the best half a season.

Thank God for the slam dunk contest. ■



CHARLES TRAJNOR JR./MCT

Miami Heat's Dwyane Wade slam dunks the ball as the Utah's Jazz's Antoine William watches in Miami.

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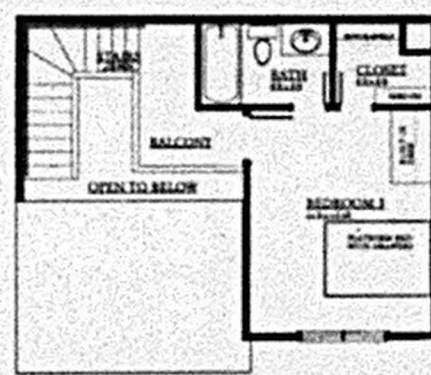
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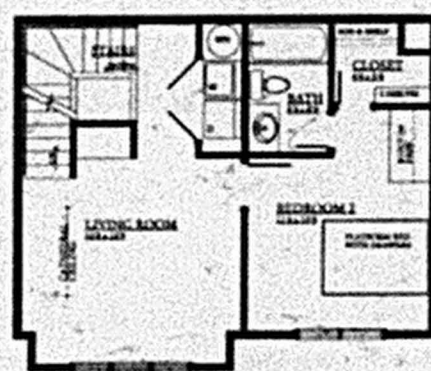
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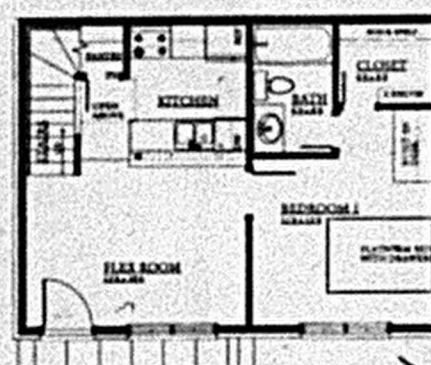
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Paranoia: Cornerstone of NBA

INSIDE THE PAINT | Some sports are overcast with conspiracies of unfair advantages for large markets. The NBA thrives off them.

BY BEN SETTLE
BTSETTLE@GMAIL.COM

There are so many things I love about the NBA that sometimes it's good to step back and take stock of all the great things the league provides its fans.

There are the obvious things: the best athletes in the world, 'Only the Strong Survive' tattoos pasted on everyone's arms and shoulders, Steve Nash's slick passing, Ron Artest's mohawk/music/relative insanity, Isaiah Thomas's ineptitude, etc.

There are the less obvious things: Caron Butler's crossover, Kobe Bryant's blossoming leadership, Mike D'Antoni's coaching, Tim Duncan's pick-setting, etc.

Then there are the secret things: the conspiracies.

Now, conspiracies are often referred to as "conspiracy theories" because their validity is often in question and they can be difficult to prove.

This is propaganda and if you're reading this column then you're obviously smart enough to already have known that.

League commish David

Stern wants you to believe that what you hear is unsubstantiated, that there are no dark forces operating behind closed doors dictating the daily happenings of the NBA.

David Stern was not counting on me to enlighten my thousands (OK, maybe dozens) of faithful readers to the league's secret goings-on.

The genesis of the league's manipulation of reality happened after the 1985 NBA draft.

The New York Knicks only had the third-worst record in the league, but wound up with the number one pick in the draft through luck of the draw, and wound up drafting Patrick Ewing.

However, luck had nothing to do with it. The team names were drawn out of a container to select the draft order, and the Knicks' envelope was frozen overnight so that Stern would be able to pull it out at the appropriate time and give the large-market New York City Knicks the best chance for success.

This was only the beginning.

Eager to flex his domineering commissioner muscles

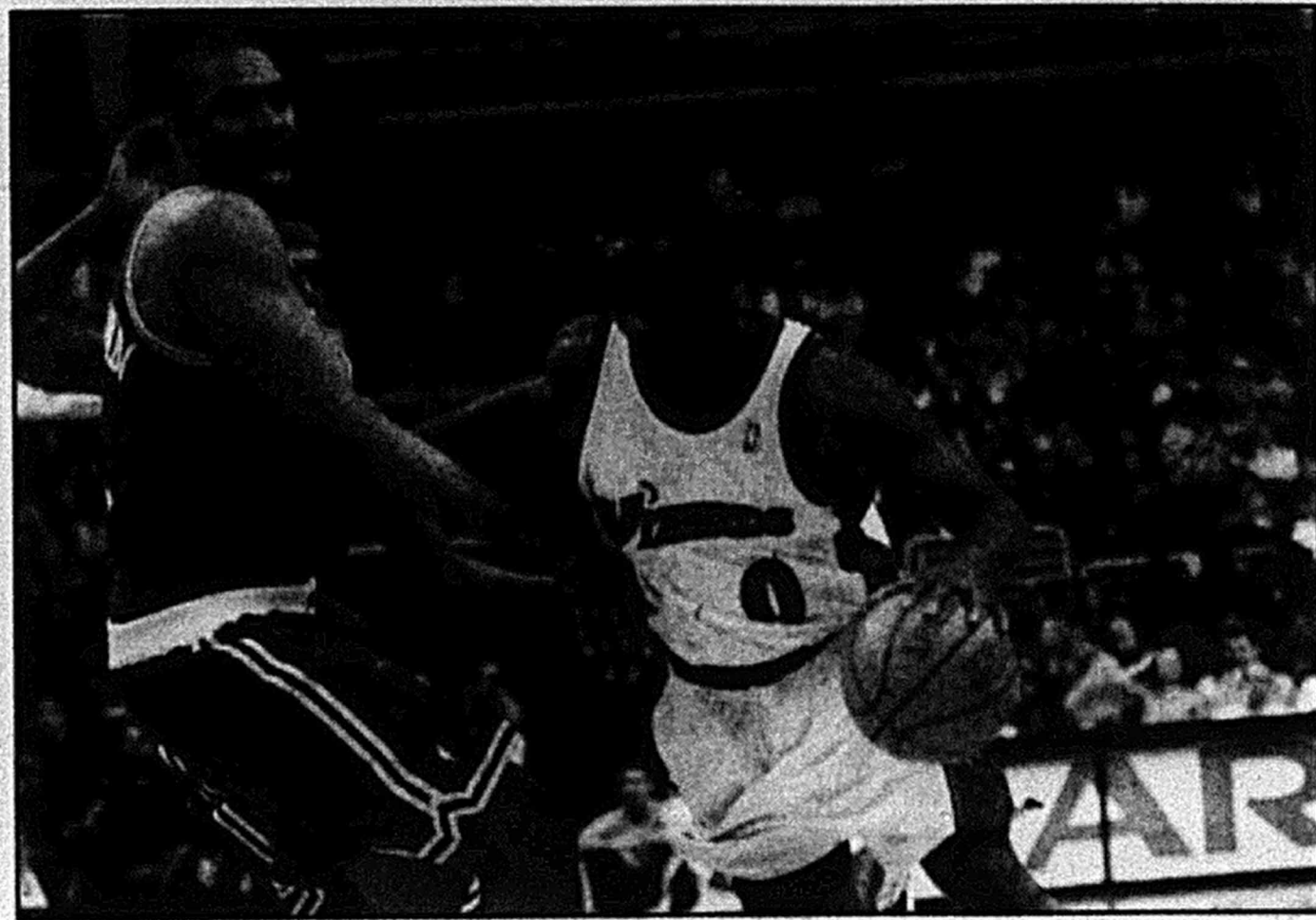
again, Stern pounced on the opportunity in 1993. Michael Jordan was about to be wrapped up in gambling controversies that could jeopardize his career and even his life (Jordan's father had recently been murdered, perhaps coincidentally, likely not).

Behind closed doors, Stern mandated to Jordan that he serve a super-secret one-year suspension from the NBA to get his gambling under control and avoid the terrible public relations that would befall the league if Jordan had a public gambling dispute of such large proportions (this was RIGHT after baseball had denounced Pete Rose for his gambling transgressions, though Jordan never gambled on his sport as far as we know).

Jordan went to play baseball for a year. You know the rest.

The newest, and my personal favorite, has already been referenced in one of my previous articles.

The day after the Nuggets-Knicks "brawl" in December, Team Stern mandated that the rims be widened for the Wizards-Lakers game in L.A. With the Arenas-Bryant star power, plus the need to steal headlines from the previous day's transgressions, Stern was left with no other option



HARRY E. WALKER/MCT

Washington Wizards Gilbert Arenas drives to the basket by Boston Celtics Michael Dlowokandi during the game played at the Verizon Center in Washington D.C. Saturday night.

than to widen each rim by one inch in diameter (my previous joke was four inches, the correct answer is one) so that more shots are likely to find their way through the hoop. Stern's gamble paid off. Big time. The Wiz won 147-141 in overtime, with Arenas going off for 60 points and effectively burying the unfortunate brawl from the previous day.

This is only scratching the surface. Many of the others are either unrepeatable or too long to print. As Chuck Klosterman once said, "...this is what sets the NBA apart from every other team sport

in North America: Everyone who loves pro basketball assumes it's a little fixed ... It's not necessarily a full-on conspiracy, but it's certainly not fair. And that's why the NBA remains the only game that matters: Pro basketball is exactly like life." We know absolutely nothing. ■

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